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DRAKE, HEDLEY LEAD MMVA NOMINATIONS PAGE 42

Think you can live without solid food?

See what happens when a Metro reporter has nothing but a beige liquid called Soylent for a week PAGE 10

Internships study raises equity concerns

Underpaid interns are more likely to have wealthier than average parents, according to Canadian researchers PAGE 4

Canada pledges $36M for nine African nations

Money will be used to fund research on maternal and child health in the sub-Saharan countries PAGE 14

NEWS WORTH SHARING.

E.E. DOUBLES UP ON HOMERS

Edwin Encarnacion hits his second home run against the Boston Red Sox in the third inning at Fenway Park in Boston yesterday. For more on the story, go to metronews.ca. JIM ROGASH/GETTY IMAGES

Woman reportedly charged with a DUI in Rob Ford's SUV

Escalade impounded. Bracebridge OPP allege female driver impaired by alcohol

A woman charged with drunk driving in cottage country has been linked to Mayor Rob Ford after she was reportedly pulled over in his SUV.

Ford's black Escalade — tailed by police for months in Toronto last year during an investigation into the mayor — has been impounded in the Muskoka Lakes region, according to several unconfirmed reports.

LeeAnne McRobb, a 36-year-old woman from Muskoka Lakes Township, has been charged with impaired driving and driving over the legal limit after she was pulled over by Bracebridge OPP near Muskoka Road 169 and Butterfly Road around 2:30 p.m. Tuesday.

Toronto's mayor is known to be in the area while believed to be in rehab at the GreeneStone treatment centre.

McRobb's sister, Lindsay Sarrasin, confirmed it is her sister who appears in two videos shot by Moose FM reporters talking about being at GreeneStone with Ford.

Ford's criminal lawyer, Dennis Morris, said he knew nothing about the incident or of the woman charged.

TORSTAR NEWS SERVICE

On YouTube

- In the first of two YouTube videos posted Wednesday by Moose FM, LeeAnne McRobb is seen entering Northland Towing and Recovery in Gravenhurst.
- The woman tells an employee she was arrested for drinking and driving a day earlier and wanted to get her personal belongings out of the car. "It's not my vehicle, but all my stuff is in it."
- Asked whether she was in rehab with Ford, McRobb says: "I was, but I'm out of there." In the second video, which continues after the first, McRobb says Ford is doing "top notch" in rehab.

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Serious incidents

Cover ups common at Toronto schools: Union head

Toronto principals routinely try to cover up serious incidents at their schools, claims the head of the local secondary teachers' union, after staff at one high school alleged they were told not to talk to students about a replica weapon found on the property.

"This has been going on forever — principals try to keep things quiet," said Doug Jolliffe, president of the Toronto local of the Ontario Secondary School Teachers' Federation. "The threat to staff is, 'If you let people know, then fewer students will come to the school and then you'll be out of a job.'"

On March 19, George S. Henry Academy in North York was placed in lockdown after a student went to the office to report having seen a weapon. A letter was sent out to parents saying no weapon was found, but no follow up was sent when a replica hand gun was found later in the day.

Gordy Stefulic, chair of the Toronto School Administrators' Association, said principals always act in the interest of the safety of staff, of students and the community.

TORSTAR NEWS SERVICE

Iole Pasquale

Tasered elderly woman dies months later

Iole Pasquale, 80, who was Tasered by Peel police last summer as she wielded a knife outside her Streetsville home, died of heart failure March 12.

Doctors told her daughter, Angela Pasquale, the likely cause of death was heart failure.

Pasquale wonders if the Tasering had something to do with her mother's death.

Pasquale said she was outraged to learn that acting Sgt. Paul Noonan, the Peel officer who Tasered her mother twice, received a prestigious award last week for arresting a suspected GTA car thief.

"Talk about adding insult to injury," she said.

TORSTAR NEWS SERVICE

Accused was last to see murder victim, jury hears

Chun Qi Jiang. Police interview with man charged with killing his ex-girlfriend played in court

Chun Qi Jiang told police that a year into their relationship he discovered his girlfriend Guang Hua Liu had a son.

That was when he knew their relationship wouldn't amount to anything, he said in an interview with the police, five days after Liu was reported missing.

Jiang is now on trial for first-degree murder, accused of killing his on-and-off girlfriend Liu, dismembering her in his basement, and scattering pieces of her body in Mississauga and Scarborough.

Liu's current boyfriend at the time Kenneth Grotsky reported Liu, 41, missing on Aug. 11, 2012.

In the video of the interview played to the jury Wednesday in a Brampton court, Jiang said through a police officer translating from Mandarin that he and Liu remained in a relationship because he "didn't want her to feel bad."

He was worried about Liu's disappearance, he told Det. Julie Mahoney, but he had also told Liu that "if you can find another boyfriend who can accept your son, then go."

Mahoney told Jiang he was the last person to see Liu on the Friday she disappeared.

Jiang said Liu had told him to come over to her home in Scarborough to pick up a table and television, then suggested they go have dinner. But on the way to the restaurant she changed her mind and told him to drop her off at a store she owned, he told Mahoney.

She adamantly refused his offer to drop her off at home after she was done at the store, he said.

The next day, he turned off his phone because it was constantly buzzing with calls from Liu's son, friends and others trying to find out where she was, he told Mahoney.

TORSTAR NEWS SERVICE

Guang Hua Liu, 41, was killed in 2012. Her remains were found in Mississauga and Scarborough. CONTRIBUTED

The prosecution

Crown prosecutor Andrew Falls told the jury that Jiang lied to the police in his police interview.

- DNA evidence will show Liu's blood was found in both Jiang's house and trunk of his car, Falls told the jury.
- The locations where police and passersby discovered some of the dismembered body parts that allegedly belong to Liu were painstakingly shown to the jury.
- A right thigh was found caught on top of a steel beam that lies across the Highland creek in Scarborough, a forensic investigator testified.
- A torso wrapped in a garbage bag was found in a suitcase floating in Lake Ontario.

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High number of interns come from wealth, study says

Can you afford not to be paid? Report also shows 73% of underpaid interns are women

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A survey of interns by a pair of University of Victoria researchers that found underpaid interns are more likely to have wealthier than average parents is raising some questions about equity in the Canadian job market.

Isabelle Couture and James Attfield found that a majority of underpaid interns came from the middle-income families that make up most of the Canadian population, but a larger than average proportion came from high-income families — something that gave Attfield concerns about equity.

"It's basically making income a criteria for whether or not you can get a job," he said. "We're raised in a society where it should be your credentials, your experience, your merit, your abilities, but this shows me that's really not the case; it's whether or not you can afford to forgo making money in order to work for free and gain experience."

Couture said that the underpaid interns in the study were overwhelmingly getting support from external sources, including parents, spouses and loans.

Furthermore, most of the interns were female.

"Seventy-three per cent of underpaid interns — the interns who received anything less than minimum wage, including interns who were completely unpaid — were female," Couture said. That data mirrors U.S. statistics, she said.

"It's an important issue because we're asking young Canadians to get a higher education and get the experience to get their foot in the door, but now we're asking them to not get any wages when they're working full time at these positions, and it's only setting them back," she said.

Part of the gender difference can be explained because the internships tend to be in fields that have been attracting women — including marketing, entertainment and journalism — but that doesn't explain why the intern gender disparity persists in other fields.

Co-founder of Resume Target Talya Lev-Mor works with job seekers and is working with some universities on building legal internship programs. She said the people who don't have the opportunity or the connections to do an internship end up lacking the experience that employers are looking for.

"The people who are losing are the people who aren't doing it," she said.

Twitter

We asked readers on Twitter to share their thoughts and experiences in regard to unpaid internships.

@kjfurnish: @metrotoronto an internship should be a part of professional development. Sadly, #unpaidinterns are just sources for free monotonous labour

@trishhoang: Those who can afford it, great. I can't, & the struggle to break it into the industry makes it like a necessity #unpaidinterns

@blizanor: I got $200 monthly for my 1st paid internship. Didn't even cover my travel expenses, but was great experience #unpaidinterns

Full disclosure

Metro doesn't have any unpaid interns right now, but does from time to time. Jessica Smith Cross is a former unpaid intern. Before, during and immediately after her journalism degree, she took internships:

- One unpaid summer internship at Metro Vancouver; one unpaid summer internship at The Walrus magazine; one paid summer internship at the Guelph Mercury that was a required part of her journalism degree; one four-week internship at the Globe and Mail during the school year, for which she was paid a stipend.

John and Paris Morland-Jones, left, and Gary Taerk along with his wife, Audrey, not pictured, have been locked in a legal dispute where one accuses the other of nine years of harassment. RICK MADONIK/TORSTAR NEWS SERVICE

Forest Hill neighbours acting childish: Judge

An Ontario judge has scolded feuding neighbours for acting like children in a lawsuit centred on the dirty deeds of a dog in their Forest Hill neighbourhood.

The justice writes that the "high point" of the civil claim made by one set of homeowners against their counterparts across the street was a "poop and scoop" deposit that was apparently dropped by the dog owner in the rival neighbours' garbage can.

Evidence from a security camera of the dog urinating next to the bushes on the plaintiff's lawn was also submitted — and, as Justice Ed Morgan writes, the case went "downhill from there."

Court heard the beef stretched over several years and included complaints about the defendants parking their car in front of the plaintiffs' house, standing and staring at the residence or walking by it with an audio recorder to catch conversations.

Morgan writes the defendants (a psychiatrist and his wife) seemed to relish picking at the "sensitivities" of their neighbours (an oil executive and his wife), even going so far as to pretend to snap photos of their house.

But the judge dismissed those peeves as not being worthy of a legal dispute.

"There is no claim for pooping and scooping into the neighbour's garbage can, and there is no claim for letting Rover water the neighbour's hedge," Morgan wrote.

He scarcely concealed his distaste at the whole affair between two pairs of "educated professionals."

THE CANADIAN PRESS

Ordered to grow up

"Despite their many advantages in life, they are acting like children. And now that the matter has taken up an entire day in what is already a crowded court, they are doing so at the taxpayers' expense." Justice Ed Morgan

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Cobourg

Hudak defends private co.'s taking from public purse

Companies have had little choice other than to take government grants given high taxes and energy costs, Progressive Conservative Leader Tim Hudak said Wednesday.

THE CANADIAN PRESS

Brampton

Horwath pledges $60M for programs after school ends

During a stop in Brampton NDP Leader Andrea Horwath promised an NDP government would create a $60-million-a-year fund, starting in 2016, to help school boards keep fees down for sports clubs and community groups that want to use the schools after hours.

THE CANADIAN PRESS

Tecumseh

Wynne comes out swinging at Horwath, Hudak

Premier Kathleen Wynne took to the heart of Ontario's auto industry Wednesday, where Liberals have recently lost stronghold seats to the New Democrats, but aimed her attack squarely at the Tories, dismissing the NDP leader as "irrelevant."

"Tim Hudak would destroy the auto industry in Ontario," Wynne said of the Progressive Conservative leader.

THE CANADIAN PRESS

Calls for 24/7 safe places

Alternative to streets. City considering two around-the-clock drop-in facilities for vulnerable women to get help they need

GRACE SCOTT
FOR METRO IN TORONTO

Sandra Alcott knows firsthand how hard life can be for a woman living in poverty. While battling addiction, she lived on the streets in the Dundas and Sherbourne area for 15 years.

"People can be really cruel to you out here," she says. "Believe me, if I'd had a safe place to go rather than stay on the street, I think I'd pick the safe place first."

Now a peer outreach worker at Street Health, Alcott is one of many supporters of a new proposal for two 24-hour drop-in facilities for women in Toronto. On Thursday, the city's community development and recreation committee will decide whether to move forward with the plan.

The first of their kind in Toronto, the drop-ins would serve as alternatives to overnight shelters, allowing women to come and go, as opposed to adhering to a curfew or finding themselves turned away when beds are full. Drop-ins would provide healthy food, showers, laundry and counseling services. Advocates say the facilities would fill a much-needed gap in providing safe spaces for Toronto's most vulnerable women.

"Women's shelters are consistently around 96 per cent capacity," says Liisa Schofield, an organizer with the Ontario Coalition Against Poverty. "Homeless women are at particular risk of assault and face levels of violence much higher than any other population." She added the risk is even higher for aboriginal women.

Schofield and Alcott both say there are a number of women on the streets, like as sex workers, who can't spend the entire night in a shelter, but still need the option of a safe place to go.

In a report submitted by city staff, estimates suggest that a stand-alone 24-hour drop-in could require up to $2 million in annual funding.

Toronto police victim witness support co-ordinator Sgt. Janice MacDonald says she isn't familiar with the proposed drop-ins, but the idea sounds positive. She is concerned, however, about safety. "Especially if it's open 24 hours, because who's going to be supervising it? We need safety for the staff as well."

Downtown Eastside

As a result of the Missing Women's Inquiry in 2012, Vancouver's WISH Drop-In Centre received provincial funding allowing them to expand their hours from 6 p.m. to 11 a.m.

- WISH offers on-site nursing care, referrals to detox, treatment and shelters, as well as hot meals, clothing and shower facilities to women engaged in the sex trade in Vancouver's Downtown Eastside.
- Kate Gibson, WISH's executive director, says the centre hasn't seen any increase in violent incidents since opening overnight, but stressed that drop-in facilities must always be adequately staffed.

Transit patterns along Queen Street are being altered in the face of gaps in service and other problems with service in the east end. TORSTAR NEWS SERVICE

Queen streetcar diversion. As bus plan stalls, the TTC looks for a better way

The TTC has been forced to revise its replacement bus plans for Queen Street in the east end, where track work at the intersections with Leslie St. and Victoria St. is disrupting streetcar service.

Since construction began on May 11, the TTC had been routing replacement buses through the city core. But they were getting stuck in traffic, forcing long gaps in service, said TTC spokesperson Brad Ross.

Transit officials have decided to shorten the replacement bus routes, combine 502 and 503 service and terminate all buses at Church and Queen Sts. until June 1, when the Victoria intersection reopens.

There will be TTC staff at the corner of Church to help riders transfer back onto the 501 Queen car or direct them to Queen subway station, about two blocks away.

After June 1, buses will be able to travel a little farther west to Victoria, putting riders within a block of the subway station.

"It's not ideal, but the service has been very poor in the east end," said Ross.

"We've got full buses or people waiting 30, 40 minutes. To improve the reliability we're combining the 502 and 503, turning them both back at Church Street, so that we can get that going in a really healthy way," he said.

The TTC is replacing worn-out track and road at Victoria and Queen, where streetcars had been forced to navigate the intersection at slower speeds. TORSTAR NEWS SERVICE

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Flood recovery to cost billions in Serbia, Bosnia

Bosnian residents from a nearby village film floods in the village of Domaljevac near the Bosnian town of Orasje along the river Sava, 200 kilometres north of Sarajevo, on Wednesday. Floodwaters have receded in Bosnia and Serbia, just enough to reveal the next shock: Recovery from the historic flood will probably cost billions of euros that neither country has. Although there's no official total for flood damages, the Raiffeisen Investment Group said in a note to investors that preliminary estimates are nearly $1.8 billion US for Bosnia alone. In neighbouring Serbia, Prime Minister Aleksandar Vucic has said damages could range up to $2 billion. The record flooding has led to at least 44 deaths: 22 in Bosnia, 20 in Serbia and two in Croatia. Bosnia has one of the lowest gross domestic products in Europe and an unemployment rate of up to 44 per cent. AMEL EMRIC/THE ASSOCIATED PRESS

Residents report extremist group attacked villages

48 more dead. After car bombings that killed 118 in Jos, Boko Haram reportedly target Nigerian villages

A victim of Tuesday's car bomb explosions receives treatment in Jos University Teaching Hospital in Jos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Boko Haram assaulted three villages in northern Nigeria, killing 48 people, residents said Wednesday, hours after twin bombings claimed at least 118 lives in this central city in an attack the government blamed on the Islamic extremists.

One of the villages attacked between Tuesday night and early Wednesday is near the town of Chibok, where more than 300 schoolgirls were kidnapped last month by Boko Haram, according to residents and a state intelligence agent who spoke on condition of anonymity.

During the latest attack on three northeastern villages, terrified residents said they hid in the bush and watched while Boko Haram fighters set their thatched-roof homes ablaze.

"We saw our village go up in flames as we hid in the bush waiting for the dawn. We lost everything," Apagu Maidaga of the village of Alagarno told The Associated Press. The nearby villages of Bulakurbe and Shawa also were attacked.

In Jos, at least 118 people were killed in Tuesday's bombings, and 64 were hospitalized.

Most victims were women and children who worked as vendors, said Mohammed Abdulsalam of the National Emergency Management Agency. "We expect to find more bodies in the rubble," he said.

THE ASSOCIATED PRESS

Criminal allegations. Woman claims she was kidnapped 10 years ago and forced into marriage

A woman who was 15 when she disappeared from her home a decade ago has contacted police and told them she was kidnapped by a man who sexually assaulted her, forced her into marriage and fathered a child with her, authorities said Wednesday.

Police have arrested Isidro Garcia, 41, on suspicion of kidnapping for rape, lewd acts with a minor and false imprisonment, according to a statement from the Santa Ana Police Department.

In 2004, when the victim was 15 and had recently arrived in the United States without legal documentation, Garcia was dating her mother and lived with the family, authorities said. The mother suspected that he was sexually abusing her daughter, police said.

In 2004, Garcia assaulted the mother, drugged the girl and then fled with her to a house in Compton, locking her in a garage, the statement said.

Garcia repeatedly told the victim that her family had stopped searching for her and that they would be deported if she tried to leave, the statement alleges. In 2007, Garcia got false identification papers for her from Mexico so he could marry her, Santa Ana Police Cpl. Anthony Bertagna said. In 2012, he had a child with her.

Garcia secured two jobs for them on a night cleaning crew so he could keep watch over her, authorities said. Bertagna said she tried to escape twice but was severely beaten.

The 25-year-old woman, whose identity is not being released, contacted authorities Monday. Police said she came forward after finding her sister on Facebook. She has been reunited with her mother.

The case has been presented to the Orange County district attorney's office for consideration. THE ASSOCIATED PRESS

Similar case

The arrest comes a year after kidnapping and rape victims Amanda Berry, Gina DeJesus and Michelle Knight, three women who'd gone missing separately about a decade earlier, were rescued in Cleveland.

Nigeria

U.S. deploys 80 to help with search for kidnapped girls

The United States has deployed 80 military personnel to Chad to help locate the nearly 300 girls kidnapped in Nigeria last month, President Barack Obama said Wednesday.

Obama said the service members will help with intelligence, surveillance and reconnaissance aircraft for missions over northern Nigeria. He says the force will stay in Chad until it is no longer necessary.

THE ASSOCIATED PRESS

Paris

High winds in France kill two

High winds whipping across France have killed two people and, in an unusual measure, pushed the city of Paris into closing all parks and cemeteries.

Three dozen regions in France went on alert Wednesday. Officials said winds could reach 100 kilometres per hour in Paris and elsewhere, prompting a closure of cemeteries and parks in the city. THE ASSOCIATED PRESS

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What do other people think? Reporter Jessica Smith Cross takes to the streets to find brave folks willing to give it a taste. Scan the photo below with your Metro News app to watch the video.

Seven days of Soylent

Forgoing solid food. Soylent may be convenient but it's not very appetizing, says reporter Jessica Smith Cross, who spent a week living on the liquid

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Metro reporter Jessica Smith Cross ate nothing but Soylent for seven days. METRO

Jessica's bottled Saturday meal versus her friends' gorgeous spread. Scan the photo with your Metro News app to watch a clip from Soylent Green. METRO

Standing at the streetcar stop a few weeks ago, tired and hungry after a long day at work, my arms loaded down with groceries, I longed for Soylent.

I had interviewed Rob Rhinehart, whose company sells Soylent, a beige liquid that he claims has every nutrient, calorie and protein the body needs. It's made from a bag of powder — maltodextrin (simple carbs), rice protein, oat flour and a blend of vitamins and minerals — and a packet of oils that provide fat and omega-3s. It costs about $10 a day. You just mix, carry it around in a water bottle and sip.

He'd promised to send a sample. Though I enjoy eating and cooking, the idea of taking a break (from shopping, cleaning, being too busy to eat and then wanting anything covered in cheese) was appealing.

People worldwide are clamouring for Soylent. His company raised more than $1 million in pre-orders through crowdfunding and more still in venture capital funding.

Rhinehart, who is trained as an electrical engineer, was working at a failing startup in California when, time and money-starved, he decided to "hack" food. He wrote a blog post called "How I stopped eating food" about eating nothing but Soylent for 30 days.

"My energy level had skyrocketed at this point. I felt like a kid again.... I feel like the six million dollar man. My physique has noticeably improved, my skin is clearer, my teeth whiter, my hair thicker and my dandruff gone," he wrote.

He went on to live on Soylent for two more months. Today, he relies on it for 90 per cent of his meals, he said.

It sounded wonderful, so I decided to give it a try. Here is my own account of seven days on Soylent. The rules I set for myself: I couldn't eat anything; I drank Soylent, as well as coffee, lattes and water; I imbibed a few alcoholic drinks and an Italian soda.

Results may not be typical.

Tuesday

With a friend as fellow guinea pig, I mixed my first batch of Soylent with equal parts trepidation and excitement. The smell was familiar: vanilla, like batter, the taste slightly sweet with chalky notes.

Moments later we received news a mutual friend had died, not unexpectedly. Soylent was forgotten. That evening, friends snacked as we swapped stories of the departed. Later, as they cooked dinner in my kitchen, I thought about how food is a ritual we bond over in joy and grief. When there were breaks in conversation, a friend would ask about Soylent, and everyone would weigh in with a question, thought or joke. It helped.

Wednesday

I felt awful. I began having heartburn and I'd feel discomfort after drinking it. I was finding myself not hungry but missing being full. Instead of a break from food, it was all I was thinking about. Any advertisement, mention or smell of food would upset me. I couldn't stop thinking of the scene in the dystopian sci-fi film Soylent Green (in which their Soylent is made of people) where the character Sol — who hasn't had real food in years — takes great pleasure in eating lettuce. Oh God, I missed lettuce.

Thursday

I was getting bored with the monotony of Soylent, so for breakfast I added espresso powder and ice. For lunch, when I tried to microwave it, my meal got thick and exploded. But thinned down with some hot water and cocoa powder, it made a passable hot chocolate.

The cravings for real food weren't going away. When a co-worker offered me a doughnut, I barked "No" so loudly the whole newsroom stared at me.

Later at a get-together, I tried a Soylent cocktail and made a Bailey's-whiskey mix. Not bad, but after one I'd had enough.

Friday

On Fridays I volunteer at a breakfast drop-in program. I thought it would be difficult to be surrounded by and cooking large quantities of food. Fortunately, it was so busy I didn't have time to think about it.

Saturday

At a friend's cottage, the host put together a beautiful array of food — fruit, nuts, cheese, meat, bread, avocado and hard-boiled eggs. I stared longingly. This was the start of my food-staring phase. When my husband was eating a delicious-looking beet salad that night, I couldn't tear my eyes away. My mouth watered. "Describe it to me," I demanded.

"This is weird," he replied.

Sunday

At dim sum with friends there was more staring at food, more jokes about how crazy it is not to eat. It was funny, but I was sad to miss the experience of sharing and tasting food. I noticed it was getting easier. The trouble digesting Soylent was all but gone. I got used to feeling a food craving, acknowledging it and moving on. I had the energy to go out dancing.

Monday

At the gym, I was happy to find I was in the same shape as the week before. I had the energy for my normal workout. I hadn't lost or gained weight. But then, Soylent isn't that kind of diet. In the last few hours, I made a batch of muffins for the morning and it took all of my will not to eat one.

The final gulp

I never got to the point where, like Rhinehart had described in his blog post, I wouldn't crave food if I smelled it but want Soylent instead. I never felt I had extra energy.

Rhinehart attributes the "six million dollar man" feeling to his switch from an unhealthy diet to a healthy one, so perhaps I had a healthier baseline.

Knowing I'd been eating nothing but Soylent all week, he told me that wasn't Soylent's intended use. Soylent's marketing department had told me the same after I complained on Twitter about finding that hard.

But, everything I read about Soylent, beginning with Rhinehart's own blog, was Soylent could be all the food you need.

It's been heralded in the media as "the end of food" and a product that could change the world as we know it, so I was disappointed to be scolded for trying to live on it for just a week.

"The product wasn't meant for the user to live on it entirely; that wouldn't be very interesting or very fun. But it is possible," Rhinehart said.

He said Soylent is a substitute for "utility" meals: meals you don't have time to enjoy and likely aren't healthy as it's expensive to eat well on the go.

On tap

A future free of food fears?

Rhinehart's company is working to get Soylent to crowdfunders after lengthy delays. They're now shipping to Americans who ordered a three-month supply.

In the long term, Rhinehart said he envisions a world where Soylent is free on tap and no one has to worry about food again.

In line with that vision, he's taken an open-source approach to Soylent: he posted the recipe online and doesn't have any patents. He said there will be some changes to the recipe, as he hopes to source much of the product from algae as it's an environmentally friendly and efficient food.

A clinical trial to determine the health effects of a Soylent diet is underway, said Rhinehart. Most skepticism from nutritionists, dieticians and doctors have come from a lack of testing.

"That's kind of overkill for a food," said Rhinehart. "A lot of people get very concerned about this product, but it's just food, like fish and chips or cereal."

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Instability

'Where is the government right now?'

The question to Thailand's army chief was a basic one: After he declared martial law this week, would he be consulting the government? His response encapsulated the increasingly surreal nature of this Southeast Asian country's political crisis.

"Where is the government right now? Where are they now? I don't know," Gen. Prayuth Chan-Ocha snapped.

But where, actually, is the elected leadership of Thailand? Few people here believe it is still running the country.

Six months of protests have forced its severely weakened Cabinet to shift offices constantly to avoid being harassed by demonstrators. By the time the army intervened Tuesday, a government that had been in firm power in November found itself caught off guard, its leaders meeting at an undisclosed location that one aide described as "a safe house."

As Thailand tries to make sense of a move that the army denies was a coup, one thing, at least, is certain: The nation's caretaker government has been rendered virtually powerless even as the rest of the country largely functions normally.

"Thailand is like a car driving on cruise control right now," said Sunai Phasuk, a senior researcher for Human Rights Watch in Bangkok. "But nobody is at the wheel, and it's probably going to crash."

Yet the crash, if it is coming, is happening in slow motion.

On one side: the members of Thailand's conservative establishment, who, along with staunch royalists and the largely urban upper and middle classes, see Thaksin's family as a corrupt threat to traditional structures of power. On the other: a poorer rural majority in the north and northeast that was politically awakened by Thaksin's populist policies, which brought everything from electricity to nearly free health-care. THE ASSOCIATED PRESS

Army chief attempts to mediate political crisis

Thailand. Martial law appears to be playing out behind closed doors, as residents go about daily lives

Thailand's army chief assumed the role of mediator Wednesday by summoning the country's key political rivals for face-to-face talks one day after imposing martial law. The meeting ended without any resolution, however, underscoring the profound challenge the army faces in trying to end the country's crisis.

Residents, meanwhile, tried to make sense of the dramatic turn of events after six months of protests aimed at ousting the government.

Around Bangkok there was little sign of tension. Across the country, people went about their work normally. Students went to school, and the usual tourist droves crowded luxury resorts, relaxing on white sand beaches unfazed by the crisis.

Martial law appeared to be playing out primarily behind closed doors, as army chief Gen. Prayuth Chan-Ocha "invited" the key power brokers in the political crisis to meet for the first time since it escalated six months ago. The army interrupted regular programming on national television Wednesday to announce the meeting at Bangkok's Army Club, which it said was being called "to solve the political conflict smoothly."

Many of the country's highest-profile figures were summoned for a summit of political enemies that was unthinkable until now. They included the acting prime minister — who sent four representatives in his place — and anti-government protest leader Suthep Thaugsuban, as well as Suthep's rival from the pro-government Red Shirt group, Jatuporn Prompan.

The meeting ended with at least one agreement: To meet again Thursday.

"(It) was conducted in a very friendly atmosphere," said army deputy spokesman Veerachon Sukhontapatipak. "Everyone seemed to understand that right now we have to work together."

Another spokesman, Col. Winthai Suvaree, said Prayuth gave the participants "homework" and told them to consider five points on possible resolutions to the conflict, consult their supporters and report back Thursday with answers.

Prayuth said that without martial law imposed, the political opponents would never come together to broker peace.

The military insisted it was not seizing power, but said it was acting to prevent violence and restore stability in the country. THE ASSOCIATED PRESS

Background

Thailand has been gripped by political turmoil since 2006, when former Prime Minister Thaksin Shinawatra was toppled by a military coup after being accused of corruption, abuse of power and disrespect for Thailand's king.

- The latest round of unrest started in November, when demonstrators took to the streets to try to oust then-Prime Minister Yingluck Shinawatra, Thaksin's sister.
- Earlier this month, the constitutional Court ousted Yingluck for abuse of power. But the move, which left the ruling party in charge, did little to resolve the conflict.

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A Thai soldier checks barbed wire while guarding a road near a demonstration site on the outskirts of Bangkok on Wednesday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Chinese courts. Dozens convicted of terrorism-related crimes in far west

Courts in China's restive far western region have jailed dozens of people in a special operation to curb the spread of audio and video materials inciting terrorism, the Xinjiang Supreme Court said Wednesday.

In statements posted to its official microblog, the court said 39 people were sentenced to prison Tuesday after being convicted of crimes including organizing and leading terrorist groups, inciting ethnic hatred, ethnic discrimination and the illegal manufacturing of guns.

The Xinjiang region, home to the Turkish-speaking Muslim Uighur minority, has seen a surge in violence protesting Beijing's rule.

Most recently, assailants targeted civilians in a suicide attack outside a train station in the regional capital of Urumqi last month, killing three people, including two suspected attackers. Beijing blames the violence on secession-seeking terrorists and has vowed a severe crackdown.

Among those convicted Tuesday was 25-year-old Maimaitiniyazi Aini, who received five years in prison for inciting ethnic hatred and ethnic discrimination for comments he made in six chat groups involving 1,310 people, the Supreme Court said. THE ASSOCIATED PRESS

Uighur minorities

Critics and human rights watchers have said Beijing's suppressive ethnic, cultural and religious policies have bred dissatisfaction and anger among the Uighurs. Some say the Uighurs are more vulnerable to extreme thoughts.

- In another case, a Uighur man was jailed for 15 years after he preached jihad, or holy war, to his son and another young man.

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Telecom. Federal privacy law challenged for being unconstitutional

The Canadian Civil Liberties Association is challenging the constitutionality of a federal privacy law that allows private companies to disclose personal information to the government without a warrant.

The challenge comes amid revelations that telecommunications service providers have been disclosing private customer information to government agencies on a broad scale.

In its application to the Ontario Superior Court, the association says law enforcement may have a need for some personal information, but the current law is too broad and should be struck down.

The association says the consequences of allowing government to access and share personal information without a person's knowledge or consent can be very serious and violate fundamental constitutional rights.

The court filing also said the law allows government agencies to share information with foreign governments in some cases.

THE CANADIAN PRESS

Longueuil, Que.

Father of teen girl sentenced

A Quebec man who slapped his teenage daughter so hard she died has been sentenced to 60 days in jail.

Moussa Sidime, 74, is expected to serve his time two days a week over 30 weeks after he pleaded guilty to manslaughter in the death of his 13-year-old daughter Noutene in October 2010.

The court heard Sidime struck her because he didn't like how she'd completed a chore and because she had been disrespectful.

THE CANADIAN PRESS

Canada pledges $36M to aid nine African nations

A mother comforts her severely malnourished and dehydrated child in Wajir hospital, Wajir, Kenya. CHRIS JACKSON/GETTY IMAGES

Seven-year plan. Money will help pay for research into the primary health-care needs of mothers, newborns and children

A week before an international conference on maternal and child health care opens in Toronto, the Harper government is rolling out announcements on what it sees as its signature issue on the world stage.

In Geneva, Health Minister Rona Ambrose pledged $36 million over seven years to help improve the lives of women and children in sub-Saharan Africa.

Hours later in Calgary, Deepak Obhrai, the parliamentary secretary to Foreign Affairs Minister John Baird, unveiled another program to help mothers and children in South Sudan.

Ambrose was at the World Health Assembly in Geneva when she pledged the money to help pay for research in nine countries into the primary health-care needs of mothers, newborns and children. The countries are Ethiopia, Ghana, Tanzania, Mozambique, Mali, Senegal, South Sudan, Malawi and Nigeria.

Obhrai said Canada will put up $19.9 million over six years to staff and equip four mobile primary health-care clinics and provide other services to 350,000 people in more than 600 remote communities in Warrap state, South Sudan.

Canada will also help train 1,500 community health volunteers, deliver 116,000 anti-malarial bed nets and build 170 safe drinking water points.

The announcements come ahead of the May 28 to 30 conference in Toronto, which is aimed at helping to shape future action on maternal and child health problems.

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Ukraine sees tension letup as Russia pulls back

Ukraine. Good news, bad news: Russia claims to be pulling back its troops but vote at risk in the east

Days before Ukraine's presidential elections, the interim government Wednesday relished what felt like a letup in tensions.

President Vladimir Putin insisted Russian troops have begun moving away from Ukraine's borders, and the nation's wealthiest and arguably most influential businessman made an impassioned appeal for a cessation to unrest in the east.

And yet, armed pro-Russian insurgents in turbulent eastern regions of Ukraine continued to roam with impunity and do their utmost to derail Sunday's decisive vote.

Speaking to reporters at a security summit in Shanghai, Putin said Moscow's decision to de-escalate its military presence near Ukraine was motivated by a desire to see the election proceed smoothly. NATO said that it didn't yet see any signs of a withdrawal.

THE ASSOCIATED PRESS

Putin insists

Putin poured scorn on skeptical assertions about troop movements, saying "those who aren't seeing it should look better." He said the pullout will be visible by satellite.

- "If the weather is good, they will see it all from space," said Putin.

A Ukrainian soldier shares a cigarette, near Slovyansk. THE ASSOCIATED PRESS

East Ukraine

A quiet majority grows frustrated

Rotting garbage is piling up in the hallways of the government office building seized by separatists in eastern Ukraine. Telephones ripped from the walls are piled atop broken furniture and mounds of old files. The stench of sweat and stale cigarettes is everywhere. The guards, slouching men with pistols shoved in their pockets or flapping loosely in holsters, look increasingly bored.

It's been six weeks since they took over the building, a week since they declared independence from Ukraine. But the authority of the alleged nation barely extends beyond their 10-storey office tower and a few heavily armed checkpoints on roads leading into this industrial city 80 kilometres (50 miles) from the Russian border.

In the streets of Donetsk, the separatist leaders and their followers are increasingly derided as a collection of heavily armed, barely employed misfits.

Outside of the rebels' headquarters, it can be difficult to find anyone who agrees with their calls to secede from Ukraine and link this part of the country — with its generations of ethnic and linguistic ties to Russia — to Moscow. Signs of frustration abound.

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Decimated

Brotherhood leaves void

There is a gaping hole in the centre of next week's presidential election in Egypt: the space once filled by the Muslim Brotherhood.

The former political powerhouse that won election after election the past three years has been decimated by a crackdown since the military last summer ousted President Mohammed Morsi, a veteran Brotherhood figure. The Islamist group has been declared a terrorist organization, hundreds of its supporters have been killed and thousands arrested.

And the man who removed Morsi — the now retired army chief Abdel-Fattah el-Sissi — is a near certainty to win the election, taking place Monday and Tuesday.

The election could seal the group's expulsion from political life: If turnout is strong among Egypt's 53 million voters, authorities could present that as a solid evidence that the public rejects the Brotherhood and supports Morsi's ouster, which Islamists brand a coup against the popular will.

The Brotherhood's only tool now has been to declare a boycott of the election, branding it a farce, and try to escalate the street protests it has been holding since Morsi's July 3 ouster.

The goal is to dent the legitimacy of the election and keep Islamists' voice alive, hoping to draw supporters if el-Sissi's popularity collapses.

THE ASSOCIATED PRESS

Mubarak years in sons get

Embezzlement trial. Former Egyptian president still to face a retrial over the killing of hundreds during 2011 uprising

A Cairo court on Wednesday convicted ousted Egyptian president Hosni Mubarak of embezzlement, sentencing him to three years in prison.

The graft case against the 86-year-old Mubarak, who is kept in custody at a military hospital, is one of two against the former president who was ousted in a popular uprising in 2011 after nearly three decades in power. He is being retried over the killings of hundreds of protesters during the uprising.

Mubarak's two sons, one-time heir apparent Gamal and wealthy businessman Alaa, were also convicted Wednesday of graft and sentenced to four years in prison each in the same case.

In a separate trial, a court in the Nile Delta city of Mansoura on Wednesday convicted 155 people prosecutors say are members of the outlawed Muslim Brotherhood, of violence-related charges, to jail sentences of up to 25 years. Seventy-nine of the defendants are fugitives and were tried in absentia.

The three Mubaraks were convicted of charges that they embezzled millions of dollars' worth of state funds over a decade toward the end of Hosni Mubarak's rule. The funds were meant for renovating and maintaining presidential palaces but were instead spent on upgrading the family's private residences.

Hosni Mubarak "had a duty to restrain himself and his sons from stealing state funds … but instead, he gave himself and his sons licence to embezzle public funds, helping themselves without oversight or consideration. Hence, they deserve to be punished," judge Osama Shaheen said as

A veiled supporter of ex-Egyptian president Hosni of the Maadi Military Hospital in Cairo. An Egyptian embezzlement. AMR NABIL/THE ASSOCIATED PRESS

get 3 jail; his 4 years

Mubarak holds a pillow with his image in front court sentenced Mubarak to three years in prison for

he handed down the verdict in the hearing carried live by state TV.

Mubarak and his two sons showed no emotion as the verdict was read. The ousted president waved to supporters present at the courtroom before the verdict was announced.

Protecting state funds is not a "novelty" and should not have been an "unbearable burden" for the former president since he had taken an oath to respect the constitution and the law, said Shaheen.

The three Mubaraks were also fined 21.1 million Egyptian pounds ($2.9 million) US and ordered to reimburse 125 million Egyptian pounds ($17.6 million US) to the state treasury. They have the right to appeal their conviction before a higher court.

The Mubaraks had returned around 120 million Egyptian pounds to the state in connection with this case in the hope that the charges would be dropped, but the proceedings against them continued anyway.

Four other defendants in the case were acquitted.

Mubarak, who turned 86 this month, attended Wednesday's hearing in a suit and tie. His two sons wore white prison uniforms.

They have all been held in custody since 2011 but only time in custody in connection with this case — about a year since the embezzlement charges were raised — will be deducted from the sentences.

Under Egyptian law, maximum sentences for embezzlement vary depending on the nature of the crime, but 15 years' imprisonment is not uncommon.

Mubarak was found guilty in June 2012 of failing to stop the killing of more than 900 protesters during the 18-day revolt against his rule and sentenced to life imprisonment.

His conviction was overturned in January 2013. That decision was appealed by prosecutors, and a retrial began in April 2013.

THE ASSOCIATED PRESS

Afghanistan

Taliban attacks kill at least a dozen

Taliban fighters launched attacks in several Afghan provinces on Wednesday, killing at least 10 policemen and three civilians, officials said. Villagers also found the bodies of eight slain policemen who were abducted by militants two weeks ago.

The Islamic militant group has launched its annual spring offensive promising to step up attacks against Afghan security forces in a bid to undermine the Western-backed government as foreign combat troops prepare to withdraw by the end of the year. The Taliban also have pledged to disrupt voting as Afghans prepare for a second round of presidential elections on June 14.

THE ASSOCIATED PRESS

Pakistan

Airstrikes kill 60 militants in North Waziristan

Pakistani warplanes and helicopters pounded militant hideouts near the Afghan border on Wednesday, killing 60 fighters, while a shootout between security forces and militants left four soldiers dead, the army said.

The airstrikes mainly targeted Mir Ali, a town in the lawless tribal region of North Waziristan, the army said in a statement. Hours later, "an encounter between security forces and terrorists took place" in Mir Ali, leaving 11 insurgents and four soldiers dead, the military said in a separate statement.

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Boy dies week after assault in classroom

Witnesses blame fellow students. Spanish teacher, assistant school principal suspended pending investigation into incident

A teacher and the assistant principal at a junior high school where a student was thrown against a wall by four classmates and later died of his injuries have been suspended pending an investigation, education authorities in a northern Mexico border state said.

The Tamaulipas education department said in a statement that the 12-year-old boy died Tuesday after being hospitalized for almost a week.

The ninth grade student's Spanish teacher and the assistant principal have been suspended at the Eleazar Gomez Junior High School in the capital city of Ciudad Victoria and students have been offered counselling, state Education Secretary Diodoro Guerra said.

The boy's parents said witnesses described how four of his classmates grabbed him by each extremity and threw him against a classroom wall several times last week.

His father, Javier Mendez, said the teacher didn't stop the assault even though his son pleaded with her to intervene.

"I want justice done against the teacher who didn't act.

"She had my son's life in her hands," Mendez told Milenio Television on Wednesday.

The federal Education Department said in a statement that it had requested a complete report from Tamaulipas authorities on the boy's death.

It added that later this year it will implement a program to prevent bullying in public schools throughout the country.

THE ASSOCIATED PRESS

Quoted

"I want justice done against the teacher who didn't act. She had my son's life in her hands."

Javier Mendez, father of ninth grader who died of injuries sustained when four fellow students assaulted him in a classroom

Bra emotion at education reform protest in Chile

Female protesters sit in front of a line of police in their bras to protest education reform proposed by the president in Valparaíso, Chile, on Wednesday. The students are protesting semi-nude to symbolize that they are stripped almost naked due to the high cost of education. LUIS HIDALGO/THE ASSOCIATED PRESS

Report. Ambulance driver fell asleep before crash

A report says an ambulance driver likely fell asleep before her vehicle jumped a concrete barrier and plunged into a Vancouver Island lake.

Two coroner's reports into the tragedy say driver Jo-Ann Fuller drowned in Kennedy Lake and paramedic Ivan Polivka died from massive trauma to his chest and head.

The report says 59-year-old Fuller and 65-year-old Polivka had been off work for just five hours when they were paged early Oct. 19 to take a patient from Tofino to Port Alberni.

It says during the return drive Fuller was behind the wheel and Polivka was asleep on the ambulance's gurney when the vehicle drifted onto the concrete barrier and then tumbled down the 33-metre embankment into the lake.

The report says the ambulance was in excellent condition and had no defects, and tests came up negative for alcohol, prescription medications and illicit drugs.

THE CANADIAN PRESS

Wyoming. State ponders death by firing squad

Wyoming lawmakers are considering changing state law to permit execution of condemned inmates by firing squad.

A Wyoming legislative committee has directed its staff to draft a firing-squad bill for consideration ahead of next year's legislative session.

Bob Lampert, director of the Wyoming Department of Corrections, says drugs for lethal injection have become increasingly difficult to obtain.

Wyoming has only one inmate on death row: 69-year-old Dale Wayne Eaton is pressing a federal appeal of the state court death penalty he received in 2004 for the murder of 18-year-old Lisa Marie Kimmell of Billings, Montana.

A Utah lawmaker recently announced that he intends to introduce firing-squad legislation in his state's next legislative session in January.

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Scan the photo below with your Metro News app to see a photo gallery of the latest leg of the royal couple's tour.

Prince Charles feeds Hudson the polar bear

Prince Charles feeds a polar bear at the Assiniboine Park Zoo in Winnipeg on Wednesday. There was a look of mock trepidation on the prince's face as he came close to the bear, which was on the other side of a chain-link fence. Charles and his wife Camilla are on a four-day tour of Canada. The prince used tongs to offer some fish to two-year-old Hudson, who gobbled up the treat. Charles remarked on the size of Hudson's paws, and a zoo-keeper explained how polar bears pull prey from the water with one swipe. PAUL CHIASSON/THE CANADIAN PRESS

Heir's remark on Putin could reignite tensions

Charles on Putin.
Prince's remark comes just ahead of Ukraine's presidential elections, slated for Sunday

The seemingly off-the-cuff comment reportedly made by Prince Charles in Halifax comparing Russian President Vladimir Putin's actions in Ukraine to the territory-seizing of Adolf Hitler has stirred debate in the United Kingdom about the role of the monarchy.

Labour Party MP Mike Gapes weighed in with a tweet that suggested the Prince of Wales should have kept his comments to himself.

"In constitutional monarchy policy and diplomacy should be conducted by parliament and government. Monarchy should be seen and not heard," he tweeted.

When someone asked him about the prince's right to free speech, he replied on Twitter: "If you are heir to throne or monarch what you say matters. Normal 'free speech' argument not relevant."

But Deputy Prime Minister Nick Clegg told the BBC the prince was "free to express himself."

"I have never been of this view that if you are a member of the royal family somehow you have to enter into some Trappist vow of silence," said Clegg. "I think he is entitled to his views. But I don't know whether those were his views because I just don't think providing a running commentary on what were private conversations is useful to anybody."

Britain's Daily Mail said Charles made the comment during a visit Monday to the Canadian Museum of Immigration. Tensions have grown since Russia's annexation of Crimea. THE CANADIAN PRESS

Ontario wildlife park

Giraffe calf born through artificial insemination

A wildlife park in southwestern Ontario is celebrating the birth of the first giraffe in Canada through artificial insemination. African Lion Safari in Cambridge says the calf named Safari was born on Dec. 31, 2013, but they only announced the birth on Tuesday.

The female calf, weighing 132 pounds and standing just under six feet tall, has since been introduced to the herd.

African Lion Safari says this is only the second time in the world that a giraffe has been conceived through artificial insemination.

The calf is a Rothschild giraffe, a subspecies that is classified as endangered by the International Union for Conservation of Nature. It says there are fewer than 1,100 Rothschild giraffes in the wild.

African Lion Safari says overall, there are about 80,000 giraffes in the wild, down from about 140,000 in 1998. "Using artificial reproductive techniques, we are able to preserve genetic material for future generations," said Jason Pootoolal of the park.

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Comic books coming true

Michael Fieldson, the civilian project manager for the Tactical Assault Light Operator Suit at MacDill Air Force Base, looks at sketches of an Iron Man-style body-armour exoskeleton during the Special Operations Forces Industry Conference in Tampa, Fla. TAMARA LUSH/THE ASSOCIATED PRESS

'Iron Man.' Pentagon hopes for high-tech armour in field by 2018

In the 2008 movie Iron Man, the main character becomes a superhero after building a suit of armour with an exoskeleton that gives him incredible strength.

Today, elite U.S. special operations forces may be a few short years away from donning a similar suit, one that can monitor the user's vital signs, give him real-time battlefield information and be bulletproof from head to toe. The suit might eventually have other features unheard of only a few years ago, including an exoskeleton made of liquid armour, smart fabrics that could help stop hemorrhaging, enhanced sensory capabilities and Google Glass-like visuals.

The Tactical Assault Light Operator Suit (TALOS) project is co-ordinated through the Special Operations Command headquarters at MacDill Air Force Base in Tampa. Prototypes are expected to be shown to military commanders in June, with hopes that the suit will be given to high-risk units in 2018.

While the project sounds like something out of a science fiction novel, its mission is simple, said James Geurts, the Deputy for Acquisition of the U.S. Special Operations Command at MacDill.

"If there's anything I can do to (develop) field technology, give better protection, better capability, any progress, I think we've done well."

THE ASSOCIATED PRESS

Massachusetts

Toking driver cops it to cop

A Massachusetts police officer enforcing seatbelt laws as part of an annual blitz saw a vehicle drive through a stop sign Tuesday evening. When the driver stopped and rolled down the window, police say, the officer was "covered in a plume of smoke."

Sgt. John Delaney says the officer asked: "Are you smoking marijuana while operating this motor vehicle?"

The driver allegedly responded: "Why, yes, I am, officer."

The 30-year-old driver was scheduled for arraignment Wednesday on charges of operating under the influence of drugs, failure to obey a stop sign, and failure to wear a seatbelt.

THE ASSOCIATED PRESS

Delaware

Drivers bee-ware!

Delaware transportation officials on Wednesday warned motorists along Interstate 95 near Wilmington to keep their car windows closed and avoid unnecessary stops because of honeybees unleashed by the crash of a tractor trailer carrying 460 hives.

The rig carrying an estimated 16 million to 20 million bees crashed Tuesday. Crews were spraying foam in the area to contain the swarms.

The driver of the truck was cited for unsafe shifting of load or cargo.

THE ASSOCIATED PRESS

Eggs-cellent adventure in smuggling ends in Oz

Customs officials at Sydney, Australia's airport said Wednesday that they found 16 wild-bird eggs in the crotch of a passenger's pants.

The 39-year-old Czech man arrived Tuesday on a flight from Dubai when customs officials selected him for a baggage examination, Australian Customs and Border Protection Service said in a statement.

"Officers conducted a frisk search of the man and allegedly found 16 small eggs concealed in his groin area," the statement said.

Small bird eggs hidden in a strip of fabric removed from a traveller at Sydney international airport. AUSTRALIAN CUSTOMS AND BORDER PROTECTION SERVICE/THE ASSOCIATED PRESS

The charge of importing regulated live specimens without a permit carries maximum penalties of 10 years in prison and a fine of 170,000 Australian dollars ($172,000 CDN).

THE ASSOCIATED PRESS

Only one in seven mothers in Mexico breastfeeds exclusively in the first six months. VEEJAY VILLAFRANCA/GETTY IMAGES

Effort to boost breastfeeding is a bust in Mexico

Ads backfire. Mothers and women's groups say the government is guilt-tripping them

Mexico City thought it had a racy but catchy ad campaign for its effort to boost the low level of breastfeeding by Mexican mothers, going with a slogan that roughly translates as "give your breast to your child, don't turn your back on them."

But the ads have drawn a storm of protest. Mothers and women's groups say the government is guilt-tripping women instead of addressing real-life barriers to breastfeeding. Many say that Mexican women need proper nutrition, more information, more maternity leave and permission to breastfeed or pump milk at work.

The ads "condemn mothers, rather than informing them about breastfeeding, and they reduce a social problem with multiple players — fathers as well as mothers, workplaces, health authorities, and public spaces and the community at large — to one person: The mother," a group of activists wrote in a complaint to the city's human rights commission.

City officials were seeking to address the fact that only one in seven mothers in Mexico breastfeeds exclusively in the first six months, the standard recommended by the World Health Organization.

The city had intended to use the ads to publicize a broader effort of setting up dozens of breastfeeding areas: Comfortable, screened-off rooms with sinks and refrigerators to hold breast milk. But only three such centres currently operate in this metropolis of nine million people.

Women also face prohibitions on breastfeeding or pumping at work, get about 12 weeks maternity leave on average, and often draw hostile stares if they breastfeed in public.

"It doesn't look like they did any diagnosis as to why women don't breastfeed," said Regina Tames, director of the Group for Informed Reproductive Choice. "They just lighted on a banal argument that women were selfish and don't want to mess up their bodies."

Adding insult to injury, the ads also feature thin actresses in topless poses, with a banner stretched strategically across their chests, exposing only suspiciously flat tummies. Some activists said the ads look more like shampoo or soap commercials than a discussion of a serious problem.

An official at the city's health department, who was not authorized to be quoted by name, acknowledged the campaign is being reworked.

THE ASSOCIATED PRESS

Quoted

"It doesn't look like they did any diagnosis as to why women don't breastfeed."

Regina Tames, director of the Group for Informed Reproductive Choice

Breast is best

Health experts say Mexico's low level of breastfeeding poses a serious problem:

- Millions of mothers live in poverty and dirty water is a threat to health.
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Twin-towers trauma. Visitors to 9-11 museum get tissues, counselling

There are prominent videos of the twin towers collapsing, photos of people falling from them, portraits of nearly 3,000 victims and voicemail messages from people in hijacked planes.

But behind the wrenching sights and sounds of the National September 11 Memorial and Museum in New York lies a quiet effort to help visitors handle its potentially traumatic impact, from silent spaces and built-in tissue boxes to a layout designed to let people bypass the most intense exhibits.

Discreet oak-leaf symbols denote items connected to the dead, and the images of falling victims are in an alcove marked with a warning sign.

And American Red Cross counselling volunteers stood by as the museum opened to the public Wednesday.

"There's a lot of thought given to the psychological safety of visitors," said Jake Barton, who helped create the exhibits.

New York

The new National September 11 Memorial and Museum aims to help visitors handle its potentially traumatic impact.

- The museum's layout allows people to bypass the most intense exhibits.
- Tissue boxes are built in.

Museum planners realized early on the challenge of trying not to shatter people "while at the same time being true to the authenticity of the event," said Tom Hennes, founder of exhibit designer Thinc Design.

Trauma specialists told museum leaders that sounds of voices and images of hands and faces could be particularly distressing, and that visitors should get to choose what to see.

THE ASSOCIATED PRESS

Markus Kaarma, 29, is followed into Missoula District Court by his girlfriend, Janelle, with their child Wednesday. MICHAEL GALLACHER/THE ASSOCIATED PRESS

Shooter of student pleads not guilty

Argues he was protecting property. German exchange student, 17, slain after entering man's garage

A man trying to catch the thieves who targeted his house pleaded not guilty Wednesday to deliberately killing a 17-year-old German exchange student who entered his garage, a case that ignited debate about laws allowing people to kill to protect their property.

Markus Kaarma, 29, of Montana, was arraigned in the April 27 death of Diren Dede of Hamburg, Germany.

Deputy Missoula County Attorney Andrew Paul said Kaarma's neighbours fear him and the investigation into the deadly shooting turned up a pattern of irrational and aggressive behaviour.

Defence attorneys argued the neighbours' fears are "not based in logic" but are a result of the public outcry over the case that caused some critics to question a Montana law that allows people to use lethal force to defend themselves or their property.

Prosecutors allege Kaarma and his girlfriend were frustrated over recent burglaries and set up motion sensors and video cameras to try to catch the thieves.

The couple had left their garage door partially open the night of the shooting, and Kaarma blindly fired four shots into the garage after they spotted a trespasser, charging documents said.

Prosecutors say Dede was apparently looking for alcohol when he entered Kaarma's garage.

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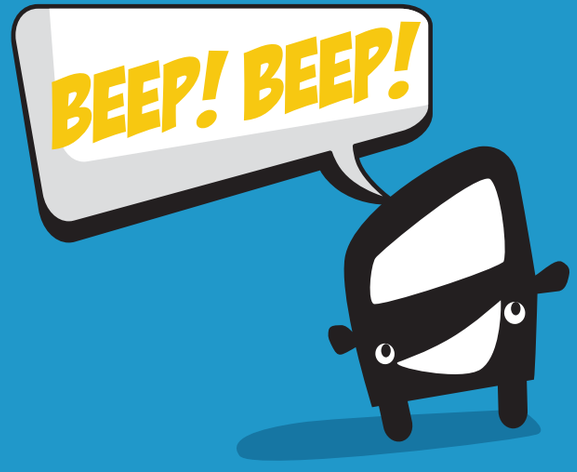

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Syrian troops poised to break siege of 4,000-inmates prison

Aleppo central jail. Detainees include common criminals, rebels, opposition supporters; about 150 of inmates are women

The Syrian army inched closer to a besieged central prison in the contested northern city of Aleppo Wednesday, with intense artillery shelling and military aircraft dropping dozens of crude bombs in the area and killing at least 50 rebel fighters, state media and opposition activists said.

Rebels have been besieging the sprawling prison, along with its estimated 4,000 inmates, for the past year, and have repeatedly barrelled suicide car bombs into the front gates and clashed with guards and troops holed up inside in an effort to capture the prison.

Syrian refugees stand next to trucks carrying their belongings at the Lebanese-Syrian border in this April 22 file photo. Amnesty International says Syrian refugees in Lebanon are going without treatment for chronic illnesses like diabetes and cancer because of a shortfall in funding to provide them with medical care. HUSSEIN MALLA/THE ASSOCIATED PRESS FILE

State-run SANA news agency said army units have regained full control of the town of Heelan, near the Central Prison in Aleppo on Wednesday and are "advancing toward the surrounding areas after tightening control of the prison."

The rebels, a mix of Islamic groups, including the Tawheed brigade and the ultraconservative Ahrar al-Sham that is part of the Islamic Front alliance, and the al-Qaida linked Nusra Front, launched their assault on the prison in April last year. Their aim was to free those inside, but also to capture the government-controlled enclave amid neighbourhoods largely held by the opposition.

For Assad's forces, the facility and the area around it is important because it would open the way to regaining control over the eastern road linking rebel-controlled areas of the city with the countryside to the north, which has supplied rebel areas with food and troops.

At least 150 detainees have been killed in clashes around the facility that has become a symbol of a deadly stalemate of Syria's three-year-old conflict. THE ASSOCIATED PRESS

Possible war crimes

Russia says it will veto resolution

Russia's ambassador to the United Nations says his country will veto a UN Security Council resolution to refer the crisis in Syria to the International Criminal Court for investigation of possible crimes against humanity and war crimes.

Nearly 60 countries have urged the council to refer the matter to the ICC, and France has called for a vote Thursday.

But permanent council member Russia has vetoed three previous resolutions on the Syria conflict, and Ambassador Vitaly Churkin told reporters Wednesday his country would do the same with this one. Moscow is Syria's closest ally.

Churkin calls the French-drafted resolution "simply a publicity stunt" that will hurt efforts to resolve the crisis politically. THE ASSOCIATED PRESS

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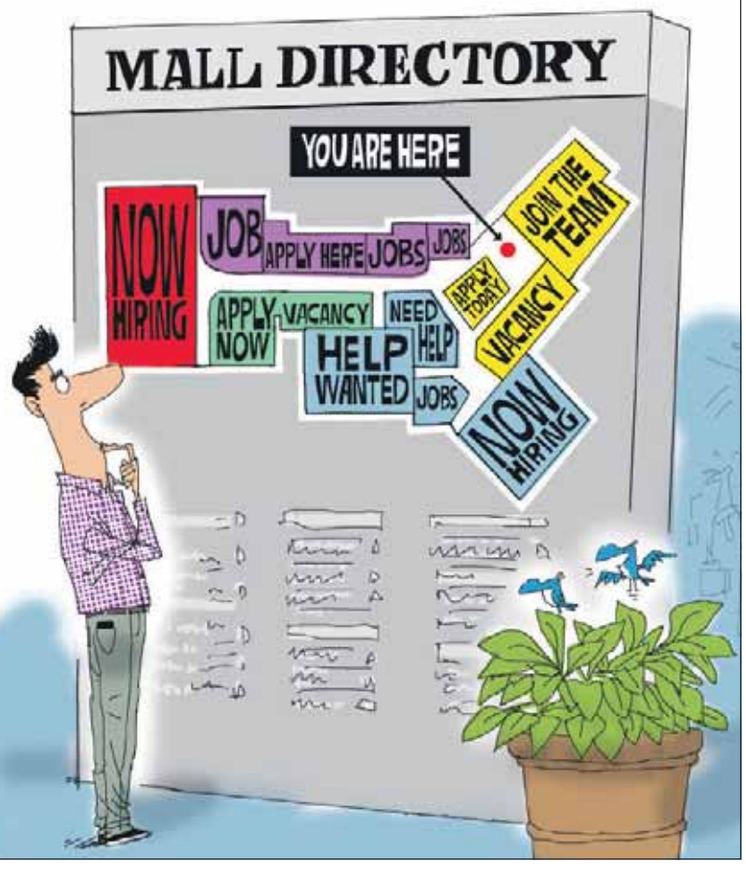

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Etiquette for the Internet Age

Don't know what to do when you butt-dial the entire office?

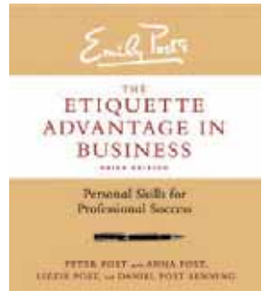
No need to fret: The great-great-granddaughter of Emily Post has just released a third edition of The Etiquette Advantage in Business. She said an update was needed to take into account the explosion in social media and digital communications, along with a more casual work environment in many fields.

When you make a mistake, 'fess up. Post recalled a recent radio show call-in question that went something like this: "'I butt-dialled all of my business contacts while on a 10-hour hike over the weekend. What do I do and is there a term other than butt-dial that I can use?' We say purse- or pocket-dial work, too, and apologize immediately using whatever communication you usually use for each contact."

THE ASSOCIATED PRESS

History

Etiquette expert extraordinaire Emily Post died in 1960, but her family has carried on her love of good manners through the Emily Post Institute in Vermont.



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Pawsitively pricey pet pics

A photo provided by a pet photographer shows client Heyla, a 10-year-old Saluki, photographed in Paris. Pet portraiture is becoming big business for photographers as more and more families seek to capture canine memories. A consultation and hour-long photo shoot can fetch $500. THE ASSOCIATED PRESS

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New club shows Hova is still a business, man

At the 40/40 Club, ESPN on the screen. Jay Z gets dirt off his shoulder, tries again with club in Atlanta airport after closures in Atlantic City & Vegas

As Jay Z raps, he's not a businessman, he's a business, man. GETTY IMAGES

Jay Z brought his 40/40 Club to the world's busiest airport on Wednesday, with the opening of the swanky bar's third location.

40/40 is open to ticketed passengers at Hartsfield-Jackson Atlanta International Airport, according to spokeswoman Victoria Hong of Delaware North Companies, which partners with the rap mogul. The sports bar is in the airport's Concourse D concessions area, Hong said.

"We want to have the same type of feel as the regular 40/40 Club," Hong said. "It's the airport version of the 40/40 Club."

Airport concessions director Paul Brown said there are plans to create a VIP lounge area of the club, separate from the sports bar — at 1,500 square feet — on a different floor. The lounge is expected to open in the late fall, Brown said.

Brown called the lounge a "scaled down" replica of the original club.

40/40 restaurant and lounges are also located in Manhattan and the Barclays Center in Brooklyn. Jay Z also had clubs in Las Vegas and Atlantic City, N.J., but both closed.

40/40 is known at the New York locations for its live music and sports memorabilia and for attracting sports celebrities and music stars such as Nicki Minaj and Lil Wayne.

The original Manhattan location opened in 2003, with Jay Z and business partner Juan Perez.

THE ASSOCIATED PRESS

Hoping for a homer

40/40 was named after the rare feat among ballplayers of hitting 40 homers and stealing 40 bases in one season.

Site to hand over info

Time to rethink renting out your place on Airbnb?

New York's attorney general and the website Airbnb have reached agreement on information disclosures about short-term New York City apartment rentals in a state investigation of illegal hotels.

THE ASSOCIATED PRESS

Database compromised

eBay asks users to change passwords after cyberattack

E-commerce site eBay is asking users to change their password after a cyber-attack compromised a database containing encrypted passwords.

eBay says there is no evidence of any unauthorized activity. THE ASSOCIATED PRESS

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DRESSING FOR BACHELORS 101

HE SAYS

John Mazerolle
metronews.ca

Clothes make the man, wouldn't you agree?

When I met my girlfriend, I worried I'd no longer be able to write about my favourite topic: bachelorhood. But I always understood deep down that bachelorhood is not about your relationship status. It's about living a lifestyle that leads acquaintances to assume you live in the woods, possibly with wolves.

If you eat Mini-Wheats directly from the box for "dinner," wash the dishes by whacking them against a hard surface or, yes, dress like you found your clothes in the dumpster outside the Goodwill, then you get to keep the bachelorhood union card.

My wardrobe keeps me rooted in the comfortable environs of bachelorhood, girlfriend or no.

I'm not what you would call fashion-forward, or even fashion-sideways, but I dress pretty well.

I mean, if there's a tie involved I can't. And if my back's acting up then putting socks on requires a repeated fishing motion until I "catch" the sock on my big toe. And I find it hard to work buttons while I'm looking in the mirror.

But when my girlfriend and I went shopping for jeans this week, my contribution was pulling them on, so I definitely dress pretty well. Usually.

Despite these wardrobe malfunctions, I still have the bachelor clothing itself down to a science. Observe with these tip-top tips:

How to be a fash-ist: Clothing for bachelors

Be fashionable in bulk: The worst part about clothes is that you have to buy them. One of the reasons I've managed to keep slim over the years is that when my jeans start to get tight in the waist, I lose weight. Self-discipline? No. I'd simply rather diet and exercise for three months than shop for 45 minutes.

So, if you try on something you like, make a beeline back to the table it came from and buy it in every colour available. Also buy larger sizes for when you gain weight and smaller sizes for when you're old and frail.

If anyone notices you're wearing the same pattern day after day, it means they like you. Go for it.

Dress outside the box: Say you only have one black button-up shirt that you've worn for at least 10 years and which gets used for every semi-formal event, from wedding to funeral to job interview for newspaper columnist. Hypothetically.

If that sounds like you, your wardrobe probably seems a little spare. But wait! Did you know you can wear that shirt unbuttoned OR buttoned? Tucked OR untucked? Clean OR dirty? Suddenly one shirt is an entire wardrobe! The possible combinations are literally six!

Out-wait your clothes: I find it's best to wear clothes until the last possible moment of their life. Your jeans should moult off your body as you buy a new pair.

And do you have dirty clothes lying about that fail the smell test? If you let old laundry sit long enough, it will eventually pass the little-used smell re-test. Everybody loves a redemption story.

I hope you find these fashion tips useful. It's not about the look, it's about the attitude. The clothes make the man.

Or put another way, I wear the pants in my relationship. Whichever pair she chooses.

ZOOM

Croaking in the rain

This tiny frog shows even amphibians don't like getting wet sometimes by turning a leaf into a makeshift umbrella. MUHAMMAD RIDHA/SOLENT NEWS

Shelter from the storm

This green frog took shelter under a tropical plant to escape the shower in his jungle abode. Photographer Muhammad Ridha, 27, spotted the creature trying to dodge the raindrops while out for a walk near his home in Borneo, Indonesia. MWN

Photog's view

"When the frog saw me watching him, he stayed quiet but just carried on with his funny behaviour."

Muhammad Ridha

Picture proves worth the wait

Ridha stayed for half an hour to capture the image of the human-mimicking amphibian using his 50-mm lens. "I have never seen anything like this before so (I) decided to wait for that perfect moment," he said. "By great coincidence, I was there to see the frog holding onto the leaf stem like a person would clutch the handle of an umbrella." MWN

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Worth mentioning

Not-so-happy times for dancing Iranians

Pharrell Williams GETTY IMAGES

An Internet video of six young Iranian men and women dancing to Pharrell Williams' Happy has led to their arrests, showing how far Tehran will go to halt what it deems to be decadent western behaviour — despite the views of its moderate president.

Criticism outside Iran was predictably swift Wednesday, with calls for freedom for the jailed youths zipping around social media. Williams tweeted: "It's beyond sad these kids were arrested for trying to spread happiness."

A tweet posted Wednesday evening on President Hassan Rouhani's account seemed to address the controversy, even if it stopped short of mentioning the video or the arrests directly.

"#Happiness is our people's right," it said. "We shouldn't be too hard on behaviours caused by joy."

Other social-media posts suggested at least some of the dancers had already been released, though there was no independent confirmation from authorities.

The case was another reminder of the tensions that exist at the highest levels of Iranian power, with hard-liners determined to maintain the status quo while moderates try to push through change — be it improved relations with the West or a loosening of morality clampdowns at home.

Hardliners are increasingly challenging Rouhani as the country negotiates a nuclear deal with world powers. The president campaigned for greater cultural and social freedoms in his bid to succeeded Mahmoud Ahmadinejad last year.

THE ASSOCIATED PRESS

metro

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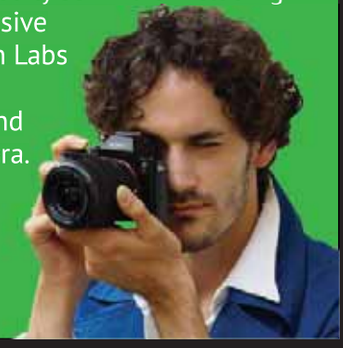

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Lynn Goldsmith's photos turn musicians into gods of rock

Rock and Roll Stories.
New book celebrates a 40-year career making musical idols look larger than life

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Whether it's David Bowie the alien or Bruce Springsteen the everyman, fans want their musical idols to be larger-than-life entities. And for 40 years, few photographers helped as many rock icons live up to that ideal more than Lynn Goldsmith.

"That was my job," she says. "They genuinely believe that these people are gods. So, how do we make them look like what their fans want to believe they look like?"

Goldsmith started her career in the publicity department of Elektra Records in the early 1970s before moving on to video production, filming bands for programs like ABC's In Concert. It was there that she met Grand Funk Railroad. She would eventually co-manage the group, shaping them into the "American Band" they're remembered as today. Becoming a freelance photographer in the late '70s, she shaped the identities of her subjects through fashion, makeup and, of course, their music.

Yet Goldsmith was just as much the fan, buying into the rock-star myth, as she was the myth-maker. In her latest book, Rock and Roll Stories, she says that her camera was "my way into people's lives, into places that I otherwise might never see."

Her intuitiveness is what allowed her to connect with so many of her subjects, she says, turning them into friends as well as clients. "I think a lot about what it's like to be in their shoes."

Of course there are always musicians who publicly rankle at the idea of image making, rejecting the concept as a gimmicky obfuscation of their art. It's a position Goldsmith believes is complete B.S.

"I've never met anybody in the music business or film business who didn't want to be as successful as they could be at what they do," she says. "That's why there's so much plastic surgery."

ROCK AND ROLL STORIES – LYNN GOLDSMITH BOOK SIGNING AND Q&A – FRIDAY, 4-8 P.M. AT ANALOGUE GALLERY, 673 QUEEN ST. WEST

Lynn Goldsmith is known for her iconic images, like this picture of Gene Simmons. COURTESY LYNN GOLDSMITH

Helping him to Hollywood

Goldsmith has had an impact on the careers of many celebrities, but probably none more profoundly than Mark Wahlberg. "I was the one who told Mark he should act," she says. "He was basically an actor as a rapper." She met Wahlberg while shooting the members of New Kids on the Block — including Wahlberg's older brother Donnie — for a book about the group. "Donnie helped him out," she says, writing and producing Mark's debut as Marky Mark and the Funky Bunch (Goldsmith shot the album's cover). "But Mark took it from there – he knows how to take every opportunity."

Quoted

"So how do we make them look like what their fans want to believe they look like?"
Lynn Goldsmith, music photographer

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This ’80s flick’s no Flashdance in the pan

‘A zeitgeist thing’. Iconic film has been turned into a stage musical that opens in T.O. 30 years after the movie’s release

But can we sing along?

- The musical lands at the Ed Mirvish Theatre (formerly The Canon) on May 27; mirvish.com.

RICHARD CROUSE
scene@metronews.ca

“It’s the thing that won’t go away,” says journalist-turned-screenwriter-turned-playwright Thomas Hedley Jr. of his most famous work, Flashdance.

Sitting at the grand Ed Mirvish Theatre on Yonge Street, just blocks away from the strip bars that inspired him to write the original story, he talks about bringing Flashdance to the stage.

“If you are going to do this for the stage, you have to play by the rules of the stage,” he says.

“You need a great love story and the singing and the dancing has to advance the story and you are locked into those techniques. It’s happening in front of your eyes. It’s not three or four body doubles. It’s more honest. That makes it play stronger.”

In 1983, Flashdance was a phenomenon. The story of a welder-by-day, exotic-dancer-by-night Alex Owens (Jennifer Beals) and her dreams of going to ballet school, made off-the-shoulder sweatshirts fashionable and became the number one R-rated movie of the year.

“It was a zeitgeist thing,” he says. “It just clicked.”

Hedley conceived the story years before at a bar called Gimlets in downtown Toronto.

“My friend Robert Markle taught painting at the New School. Like de Kooning, he wanted to have movement in all of his nude studies, so he found this place and these girls were doing it. He said, ‘You gotta come. It’s my Sistine Chapel but you have to behave. I don’t want jerky behaviour.’ I went there and watched him draw them. We were very avuncular. We weren’t like guys on the make or anything. We were the genteel, older men in the back. We got to know (the girls) very well. I’m always drawn to girls 18 to 20 who want to make something dramatic out of themselves and need to be an outlaw before they go off and marry the plumber. There is an enormous energy from those creatures and they were like that.”

Jillian Mueller as Alex Owens in Flashdance — The Musical. COURTESY JEREMY DANIEL

The story’s provocative origins grabbed Hollywood’s attention but didn’t guarantee that the story would get turned into a film.

“It was not on the track to being made,” says Hedley, “and then a couple of movies fell out at Paramount and they had a big meeting and said, ‘What do we have?’ (Frank) Mancuso, who was the head of marketing, said, ‘I could sell this one, with the naked girls. Let’s do that one.’ It was lucky that it got made at all. It was a random thing.”

The new stage musical, lands at Ed Mirvish Theatre (formerly The Canon) on May 27, 30 years after the movie was released. It features all the songs from the film — hits like Flashdance What a Feeling, Maniac and Gloria — alongside new songs by Canadian composer Robbie Roth.

It’s a labour of love that has kept Hedley busy for almost 10 years.

“It’s like Sammy Davis, Jr. singing Candy Man,” he says. “If I were him, I’d never want to sing Candy Man but you have to stick with it because it has its own life.”

See that symbol? It means you can scan the photo below with your Metro News app. John Turturro and Sofia Vergara go for a spin.

John Turturro gets all the attention

Fading Gigolo. The actor-director plays a high-end escort, directs Woody Allen in new film

NED EHRBAR
Metro World News in Hollywood

At first glance, the attention-grabbing part of John Turturro's latest film as an actor and director, Fading Gigolo, is that it's about a mild-mannered flower salesman (Turturro) who ends up getting pimped out by an older pal (Woody Allen) to service high-end female clients (played by the likes of Sharon Stone and Sofia Vergara). But hidden under that comic shell is a poignant look at the dying mom-and-pop store culture of New York City.

There's an impressive warmth to the cinematography in this.
That's because we shot it on film. We tested film and digital, and we decided that film was more flattering to all the ladies. It's just softer. It creates a world of the film, like when you see a beautiful photograph or a painting and it's kind of evocative, it's something you can be invited into. And I chose a lot of very hard places to shoot in because they were all so small, so tiny. And listen, to get Woody out of khaki pants? Come on.

How did you do that?
I said, "Woody, that's not in my colour scheme." After being involved with the project for a couple of years and working in the theatre together, he was like, "OK."

I even got a ski cap on him. I mean, he's in a black jacket. He looks great!

Woody doesn't often act for other directors.
No. He likes me, I wrote the script, he gave me feedback on it, I revised it, we worked in the theatre together. So that's a two-year process of what you're seeing. In a way, Woody encouraging me and pushing me to make it deeper and whatever is kind of like the dynamic in the movie.

John Turturro stars in his latest film, Fading Gigolo. CONTRIBUTED

When I directed these plays, Woody would tell me, "Everything is great. Just don't f--- it up."

Your film takes place in a world that's disappearing: small, independent NYC shops.
Theses places are going. It's easy to be nostalgic about stuff, but there is a loss when there's less individuality and it's all the same. Go into a Starbucks, everyone's alone. I'm an investor in my bookstore in Park Slope because I like to be able to go to a bookstore that's not a chain. I don't like things that are too big, like supermarkets. They scare me. I just feel like that's not the way it's supposed to be.

Have the Coen Brothers been in touch with you about the Barton Fink sequel?
They're waiting for me to get really old, yeah.

They said it might be time. How does that make you feel?
Well, I'm ready for whatever they want to do. They want to grey me up, that's fine. Obviously with them I would do whatever. They're really some of my closer friends in the business and just in general.

FACTORIES AREN'T FOR CHILDREN

YOU CAN HELP KIDS STAY IN SCHOOL

"I want to be a teacher. I think I can make it," Srey Neang says with confidence.

The 13-year-old lives and works in a Cambodian brick factory with her parents and four siblings. In fact, she spends more time working than she does in school, making her dream of becoming a teacher seem like an unlikely reality.

What is worse is that Srey's mother is considering pulling her out of school this year.

"Her tuition is too much and I don't have the money," Mao, 48, says. "If she stays here (in the factory) she can make more money."

Srey's days are extremely busy. First thing in the morning she prepares meals for her younger siblings, tidies up the house and then heads off to school. After her classes are over, she doesn't go home for a snack or to play. Rather, she cooks dinner and does more housecleaning and then heads over to the brick factory — the family lives on the factory compound — to help her mother. Srey's job is to load the heavy bricks onto the trucks for delivery. It's backbreaking labour, work not meant for a 13-year-old girl.

World Vision

For Children. For Change. For Life.

Once it's dark outside, most children Srey's age would be changing into their pajamas and getting ready for bed. But not Srey.

"I shower my siblings. After that I study and do my homework."

It sounds exhausting.

"Yes, I fall asleep quickly at night," Srey says.

Worldwide, there are 168 million child labourers. Eighty-five million of them, including Srey, are involved in the worst forms of child labour, like manufacturing.

Srey Neang, 13, lives and works in a Cambodian brick factory with her family. WORLD VISION PHOTO

Her small body is forced to work beyond its capacity. She is surrounded by dust, dirt, ash and smoke from the brick factory. As a result, Srey is often sick and weak.

Mao wipes away at a constant stream of tears as she speaks about her family's difficult circumstances. It's obvious that her heart breaks for her children. But without their jobs at the brick factory — for which they earn only $2 a day — they would have nothing. Not even shelter.

One of the best ways Canadians can help keep children like Srey in school and away from exploitation is through child sponsorship. To sponsor a child, visit worldvision.ca or call 1-866-619-2224.

With help from World Vision staff, Ferdaushi Ara, 11, was able to stay in school and continue her education rather than entering an arranged marriage. WORLD VISION PHOTO

Almost a child bride

"I was deeply shocked after hearing my marriage news from my neighbour. I couldn't believe this was true. I was weeping and silently praying," says Ferdaushi Ara.

Ferdaushi's prayers were those of an 11-year-old child bride, desperate to stay out of marriage and get an education. But poverty made that an unlikely reality.

While her parents and six brothers were away at work during the day, Ferdaushi would stay home in their single-room house to take care of her three-year-old sister.

Worldwide, there are 85 million children who are involved in some form of child labour. With each day spent toiling and not learning, these children are missing out on their potential for a brighter future.

The horizon brightened a little for this young girl when World Vision started an education centre in the slum where she lived.

Ferdaushi was delighted to finally be getting the education of which she always dreamed. So she was shocked and devastated when she learned her parents were arranging her marriage.

Ferdaushi's parents were afraid that their daughter's new education would drive the cost of her dowry up higher than they could afford to pay. They had found the 11-year-old a husband 10 years her senior.

Bravely, Ferdaushi went to the education centre's management committee to tell them she was at risk of becoming a child bride. The committee went all the way to the local commissioner after Ferdaushi's parents refused to call off the marriage. And through education and discussion, they were able to change this child's future.

Everyone, including Ferdaushi's parents, has a different outlook now. "I found out my fault, and I didn't know early marriage was a fault. Now I promise that I will educate my child," says Ferdaushi's mother.

"I can't describe my feelings," Ferdaushi says with a laugh.

"But God replied to my prayers and I am now free. I will be a teacher in future," she says with confidence.

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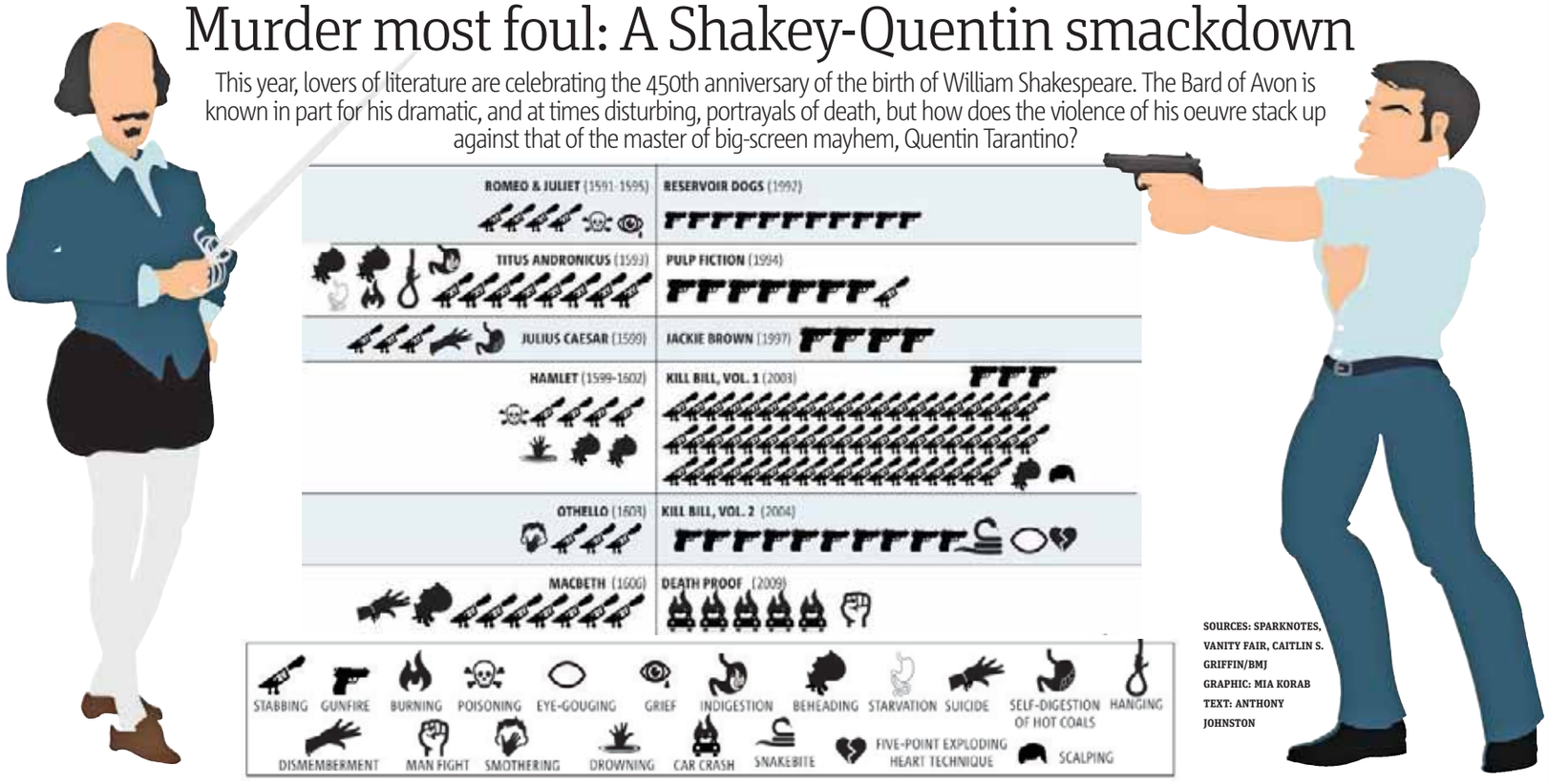
Murder most foul: A Shakey-Quentin smackdown

This year, lovers of literature are celebrating the 450th anniversary of the birth of William Shakespeare. The Bard of Avon is known in part for his dramatic, and at times disturbing, portrayals of death, but how does the violence of his oeuvre stack up against that of the master of big-screen mayhem, Quentin Tarantino?



SOURCES: SPARKNOTES, VANITY FAIR, CAITLIN S. GRIFFIN/BMJ
GRAPHIC: MIA KORAB
TEXT: ANTHONY JOHNSTON

LUMINATO FESTIVAL

Luminato Festival Salutes our Volunteers

PARTNERS IN CREATIVITY
L'ORÉAL

Luminato Festival comes to life thanks to its enthusiastic and dedicated volunteers. One such individual is Manzura Nazaramonova.

What attracted you to volunteering with the Luminato Festival?
As a newcomer who landed in Canada last January 2013, it was a great opportunity to get to know Canadian culture and its wonderful people by being part of the Luminato Festival. It was a chance to know the country from inside through an art and culture festival where different musical trends, theatrical performances and art were presented to people.

What are you most excited about at this year's Festival?
I am looking forward to meeting the amazing organizers, mentors and other volunteers of the festival as well to be involved in such important event for Torontonians. I continue learning about Toronto and its culture, which is especially important when your husband is a professional artist.

Why should people attend the Luminato Festival?
Luminato Festival brings together so many people of different ages, races, nationalities, backgrounds and experiences. The Luminato Festival creates unforgettable memories by bringing musicians, artists, actors and writers from around the world to Toronto. And you can be part of it.

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– Lou Lumenick, NY POST

Onscreen anti-hero, real-life heroine

Maleficent. Angelina Jolie speaks out about the kidnapping of the Nigerian schoolgirls, refugees in Syria, and her double mastectomy

Angelina Jolie gets her evil on as the titular character in Disney's Maleficent. DISNEY ENTERPRISES, INC., GREG WILLIAMS/THE ASSOCIATED PRESS

Angelina Jolie may be Hollywood royalty, but she's no princess, and has never been a fan of the Disney variety.

"I found them quite dull," the actress says.

Evil Maleficent, whom Jolie portrays in Disney's new live-action spin on its animated classic Sleeping Beauty, conversely "seemed to be having a great time," Jolie said.

"(Maleficent) is kind of an anti-hero for the odd man out," Jolie continued. "And, when she feels abused, or when somebody hurts her, she then says, 'Oh, all right. You're going to mess with me? Watch me.'"

In a recent interview to promote Maleficent, which opens May 30, the conversation veered to the celebrities at the Cannes film festival campaigning for the return of the Nigerian schoolgirls kidnapped by Islamic extremist group Boko Haram.

"We need to go after (Boko Haram), arrest them, and they need to face justice," said Jolie, who is known for her worldwide humanitarian efforts. She added, however, that the media shouldn't be myopic, but instead continue to report on the array of world horrors, including the continuing plight of millions of refugees suffering in Syria.

Last week marked the one-year anniversary of Jolie's disclosure that she was having a double mastectomy because she carries a genetic mutation that greatly increases her risk of potentially fatal breast cancer. "(I'm) very happy that other women now know that they have that choice," she commented.

Jolie's next film is her big-budget directorial debut, Unbroken. She previously directed the modest 2011 Bosnian war drama In the Land of Blood and Honey and the 2007 documentary A Place in Time, which chronicled 49 simultaneous moments around the world.

Arriving this Christmas, Unbroken chronicles the life of Louis Zamperini, an Olympic runner who was taken prisoner by Japanese forces during World War II.

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Kellan Lutz was on hand at this year's Cannes Film Festival. GETTY IMAGES

Expendables Kellan Lutz is ready for a little down time

Cannes aftermath. Actor calls working on franchise 'a dream', but is ready to take a vacation

After a Cannes whirlwind that included a tank ride and walking the red carpet to promote The Expendables, Kellan Lutz was eager for a chance to unwind.

He got it as the luxurious Terre Blanche Hotel Spa Golf Resort in the Provence region hosted Lutz and other stars as a getaway from the Cannes madness. The 750-acre resort, which also has a vineyard, offered spa treatments and more, and provided culinary delights at a private dinner on Tuesday night.

"It's been exhausting in the best of ways," said Lutz, who planned to go to Monte Carlo, which is hosting the Grand Prix, after Cannes. "I just want to lay out by the pool, get a massage. I never treat myself. It's just a great little break."

Lutz was at the festival for The Expendables 3, which made arguably the biggest splash in Cannes. The all-star cast, which includes Sylvester Stallone, Arnold Schwarzenegger, Mel Gibson, Jason Statham and Harrison Ford, rode down the famous Croisette in tanks, held a raucous press conference and walked the red carpet. It's out in August.

The Twilight actor called the experience surreal, particularly the Saturday morning tank ride, which drew a massive crowd.

"It was 10 a.m. We're like, who's up at 10 a.m.? We had people running from where we started which was a mile away," he said.

Lutz said working with the veteran actors was "a dream."

"When you put them together, you would think that it would be an epic battle of who is bigger, who's better, who's stronger. But everyone complements each other significantly," he said. "I hope we get to do a fourth one and a fifth one."

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Quoted

"I just want to lay out by the pool, get a massage. I never treat myself."

Kellan Lutz, actor
on his post-Cannes plans

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The Prophet. Hayek says she wanted to produce movie for her daughter

Salma Hayak at the Cannes Film Festival. GETTY IMAGES

Salma Hayek says she chose to produce her latest film The Prophet with her legacy in mind.

The Mexican filmmaker is a co-producer on the animated feature, a screen adaptation of Lebanese writer Khalil Gibran's book of the same name.

Speaking at the Cannes Film Festival, where a section of the film was screened, Hayek talked about why she decided to take on the project.

"I find something that I want to say and I say it in a way and I do it," she said in an interview Sunday. "I'm not thinking of my legacy normally. But this project I am thinking of my legacy for my child. It's not how I choose what I produce but in this one in particular, yes."

The poetry book on which the film is based was originally published in 1923 and has "sold more than 100 million copies around the world," explains Hayek.

"It's very inviting for everyone, different religions, different ages," she said.

She decided to make the movie animated because "visually you can do extraordinary things. There's a lot of freedom to it."

The film is split into different chapters based on poems in the book.

"I thought we could make a little story, a main story that within the story you could take journeys into someone's imagination, and in this case, a little girl," she said. "And so the film is very audacious because it has nine animators and they all have a completely different style, but it all feels like one film."

THE ASSOCIATED PRESS

Julianne Moore's 'shallow actress' a hit in Cannes

Maps to the Stars.
While Moore's character in the new Cronenberg flick is delightfully vain, the actress herself is anything but

One of the great pleasures of this year's Cannes Film Festival has been a momentary close-up on Julianne Moore's face in David Cronenberg's Maps to the Stars.

It comes when her character, a desperate and superficial actress, learns that the role she covets has opened up because her rival's young son has died. A flicker of utter glee flits over Moore's face so quickly and subtly before it's replaced by a mask of insincere sorrow. It takes a great actress like Moore to play one as shallow as Havana Segrand.

Moore's performance in Maps to the Stars has been one of the most acclaimed at the Cannes Film Festival, where Cronenberg's gloriously dark satire of an incestuous, cynical Hollywood premiered earlier in the week. Written by Bruce Wagner and starring Mia Wasikowska, John Cusack and Robert Pattinson, the film features cutthroat movie business insiders and celebrity-obsessed aspirants in Los Angeles who are, as Cronenberg said, "desperate to exist."

"She's very touching to me," Moore said of her character in an interview. "She's such a lost soul, terribly adolescent at best. Her desire to be seen and to be acknowledged and to be validated — all of that externalization of her inner need is kind of heartbreaking."

The irony is that Moore could hardly be more different than her character. For decades now, the 53-year-old actress has been an ever-shifting, scarlet-haired force of naturalism. Though her range across films like Short Cuts, The Big Lebowski, Boogie Nights and The Kids Are All Right varies widely, Moore has always been an actress whose art is her apparent effortlessness. Plus, she has one of the best laughs in show business: a head-thrown-back, squinty-eyed, totally infectious cackle.

Does she grant that she's more level-headed than her character?

"I think so. I hope so," says Moore. "You have to have a fairly realistic assessment of who you are, what your abilities are and where you are in your career and your age. Hopefully I've never been that extreme."

Cronenberg first reached out to Moore about the role seven years ago, but it was only last year that he got the production together. Moore also stars in the upcoming two-part Mockingjay that concludes the Hunger Games franchise.

"There are plenty of times where I've looked at stuff and gone, like, 'I can't do that,'" says Moore. "I don't look at things and feel like, 'I can do everything.' I can't. But if I have a connection and a response to it, I tend to be aware of what I'm capable of and what I'm not."

THE ASSOCIATED PRESS

Julianne Moore shines in David Cronenberg's Maps to the Stars CONTRIBUTED

Quoted

"Her desire to be seen and to be acknowledged and to be validated — all of that externalization of her inner need is kind of heartbreaking."

Julianne Moore, actress
on her character Havana Segrand in Maps to the Stars

That's show business

Moore lives in New York with her husband and two children, but she doesn't dislike Los Angeles, where she once lived:

"It's fine, there's just a lot of business there," she says. "I love the movie business because it gives us the chance to explore all these kind of basic human conditions," she says. "What is the real part? What is the fake part? To have an opportunity in your job to do that kind of stuff is lucky."

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Author Elise Juska CONTRIBUTED

Blessings in disguise? Novel tackles the complexity of family

Publishing. Author Elise Juska sets out to explore the many ways a big clan deals with a patriarch's death

EMILY LAURENCE
Metro World News in New York City

Big families make for the best stories, don't you think? It's why shows like Parenthood are so successful, and partly why our culture eavesdrops on the Kardashians. Families, with all their complex relationships, forced love and enduring bonds, make for good stories. And Elise Juska's novel The Blessings is exactly that.

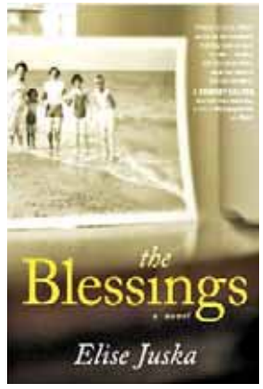
The Blessings revolves around a big Irish-Catholic family living in Northeast Philadelphia. At the centre of this dynamic family is a man named John Blessing, who dies. Everyone in the family — from his wife to his daughter to his parents — deals with his death in different ways, which the book gracefully explores.

The story, while not autobiographical, is close to author Juska's heart.

"I come from a close Irish-Catholic family and we had two uncles who died early in my family," she tells us, calling from her native Philadelphia. "They were the core of my family for so long, so this was not a scenario I was unfamiliar with. It's something I've tried to write about many times. It was my way of telling that story."

Juska says there are certain aspects of the book that were directly inspired by her own family, even if she didn't realize it while she was writing. It comes across in the mannerisms of the grandmother, or a certain family tradition. "The truest part is the reaction to loss and the really long effect of that loss," she says.

The book spans 30 years, so readers get to know each character quite well, and by the end, you feel like an honorary member of the Blessings yourself.



While she was writing the book, her grandmother died, adding another layer of real-life grief on top of the fictional grief Juska was exploring. But despite the heaviness of the topic, Juska loved immersing herself in the Blessings' world, and even though the book is out and the ink has long been dry, she's not quite done with them yet.

"I really love these people. I hadn't truly thought about writing about them again, but there's been a lot of early feedback from readers saying there should be a sequel. That would be a great excuse to go back to them and seeing where they end up. I'm curious about the next generation. It's possible."

Quoted

"I come from a close Irish-Catholic family and we had two uncles who died early ... They were the core of my family for so long, so this was not a scenario I was unfamiliar with." Elise Juska

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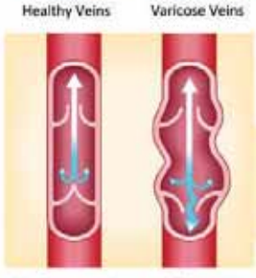

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Emily Giffin's real thoughts on love

Publishing. The best-selling author is known for telling a good love story, but how does she feel about that four-letter word when it's not on the page?

EMILY LAURENCE
Metro World News in New York City

Whether it's about falling for a best friend's fiancé in Something Borrowed or wondering "what if" about someone you let go in Love The One You're With, Emily Giffin has made a career of exploring the complications of love and lust. Out this week, The One & Only is no exception. We get Giffin to spill details, plus what she really thinks about love.

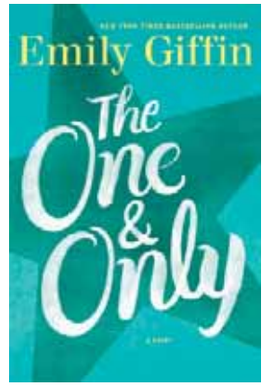
The setting for The One & Only is completely different from your past books. How did you get into the sports culture of Texas?
I have been passionate about college athletics since I was a little girl and there are few worlds more colourful than Texas football. I actually spent some time in Dallas and visited SMU's (Southern Methodist University's) spring training. I also had several coaches, including Hall-of-Famer Jim Boeheim, read early drafts to make sure that the character of Coach Clive Carr, and the story, particularly the NCAA-investigation subplot, felt authentic. That being said, the sports background is just the setting for the story, which, at its core, is centred on a young woman dealing with difficult, important life choices and the unresolved feelings that ultimately complicate them.

How did the idea for the book initially come to you?
All of my books generally begin with a core theme or idea. For The One & Only, I wanted to explore the idea of unconventional love. I think if we're honest, the way most of us think about romantic love is pretty narrowly defined, and there's a tendency for us to dismiss, or at least feel uncomfortable with, anything outside of those definitions. With this story, I really wanted to portray a relationship that, while difficult for some to understand and accept initially, is beautiful and idyllic in its own right. I also wanted to consider the question of whether true love can really conquer all, especially in the face of judgment and scrutiny from those outside of it.

Quoted

"I think if we're honest, the way most of us think about romantic love is pretty narrowly defined, and there's a tendency for us to dismiss ... anything outside of those definitions." Emily Giffin

Without trying to give anything away, your books have a common theme of seemingly impossible love. Do you believe love conquers all in real life?



As I mentioned earlier, this is definitely the "big question" in the book and I'm really happy with the way The One & Only ended — it felt right for the characters, and true to the story as a whole. But what happens in the book is just that: a conclusion to one fictional story and not necessarily a reflection of my personal beliefs. Honestly, I'm not really sure whether love can conquer all in real life. I like to believe it can!

Emily Giffin's book The One & Only was released this week. EMMANUELLE CHOUSSY

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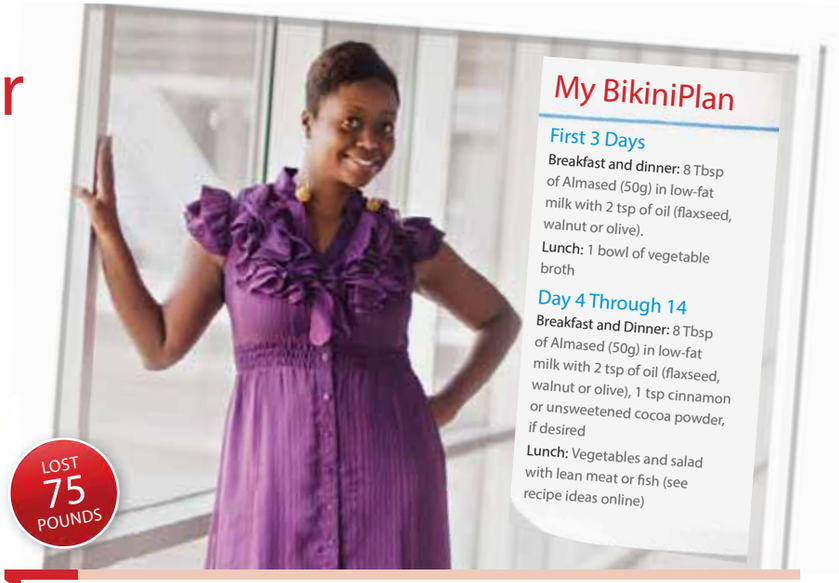
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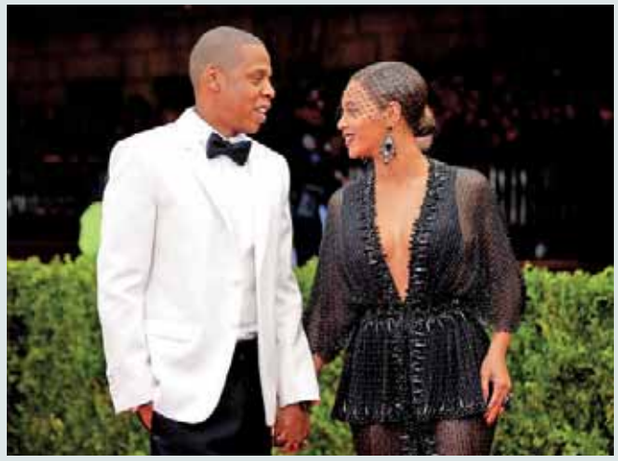
PAT HEALY
Metro World News in Boston

Beyoncé and Jay Z

After co-headlining tours with Kanye West and Justin Timberlake, Jay Z is finally ready to share the stage with somebody who is indisputably more powerful than he is: his wife. Solange probably won't be accompanying them. July 9, Rogers Centre.



Lady Gaga

Artpop was a bit of an art-flop, and the last time we saw Gaga onstage, she had somebody puke on her. But what keeps her from being a mere Marilyn Manson for the Twitter generation is that beyond her shock-value antics are loads of banging dance tunes. July 9, Air Canada Centre.

Queen + Adam Lambert

The best way to experience Queen in a live setting is with musicians who actually played in the band — Roger Taylor and Bryan May — fronted by American Idol alum Adam Lambert. July 13, Air Canada Centre.

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One Direction

Nothing we can write here will change how you feel about 1D: If you like them, you already bought tickets. If you don't, you already stopped reading. Aug. 1-2, Rogers Centre.

Bruno Mars

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Arcade Fire

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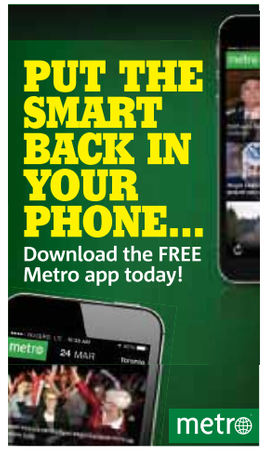

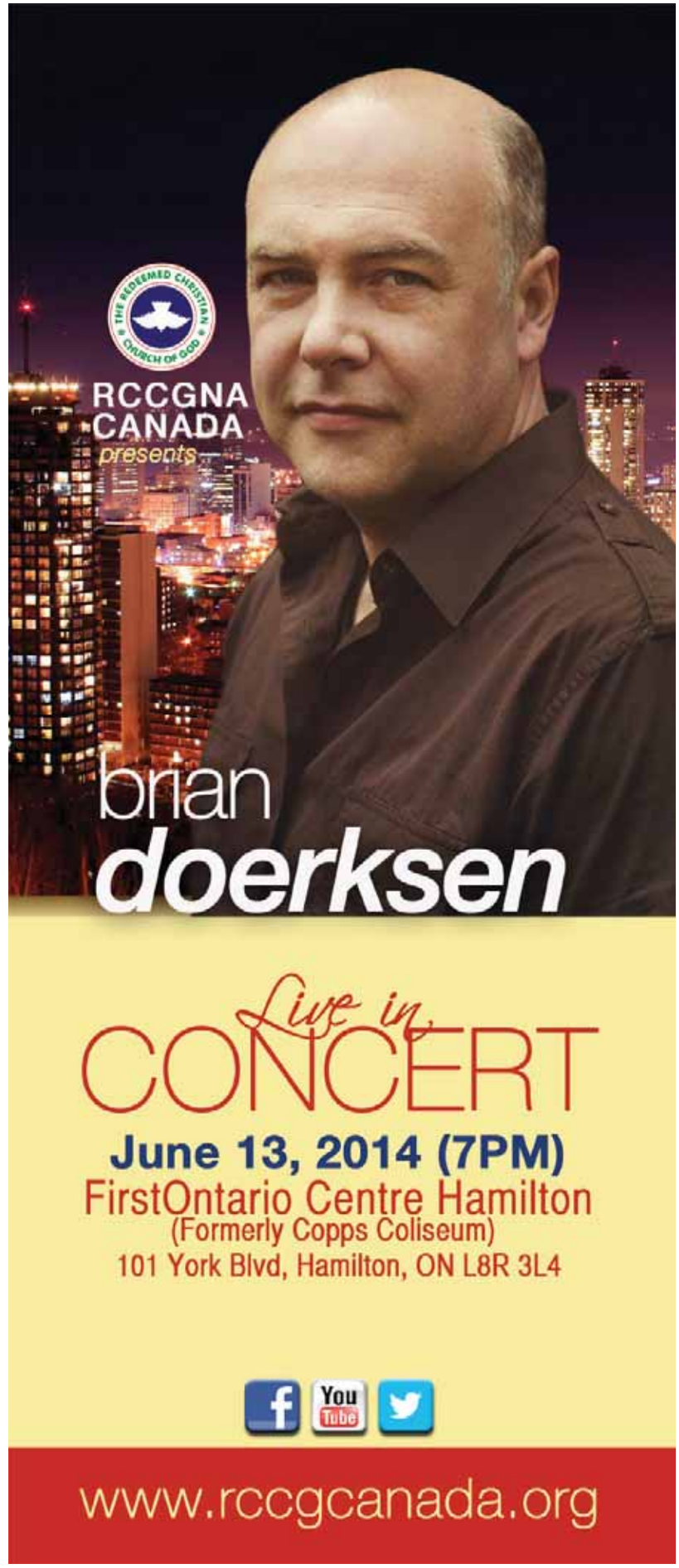

Like music to our ears: Much Music Video Award nominees announced

MMVAs. Drake and Hedley are in the lead with six nominations each, while Pharell scores a nomination for the first time

Toronto rapper Drake and West Coast rockers Hedley lead the way with six nominations each for the 2014 Much Music Video Awards, to be handed out June 15.

Vancouver hip-hop artist SonReal is next with five nominations while indie ensemble Arcade Fire and alternative R&B artist The Weeknd scored four nominations each.

Both previously announced performers Imagine Dragons and Lorde have two MMVA nominations each.

Additional first-time nominees include music innovator Pharrell Williams; Australian boy band 5 Seconds of Summer; plus Canadian artists July Talk, Keys N Krates, MAGIC! and Thugli.

Reality stars Kendall and Kylie Jenner were named last week as the hosts of the award ceremony.

"Kendall and Kylie are sure to bring their undeniable charm and trendsetting style to this year's epic award show," said a press release.

The 25th anniversary of the MMVAs will air at 9 p.m. ET on Much, CTV, and CTV GO.

THE CANADIAN PRESS WITH FILES FROM METRO

West Coast rockers Hedley are nominated for six MMVAs. ALL PHOTOS GETTY IMAGES

Toronto rap superstar Drake is nominated for six Much Music Video Awards.

Lorde, nominated for two awards, will be performing at the MMVAs.

A few of the nominees

Dance Video Of The Year
- A Tribe Called Red feat. Northern Voice (Sisters, director Jon Riera)
- Autoerotique (Asphyxiation, director Amos LeBlanc)
- Chromeo feat. Toro Y Moi (Come Alive, director Alex Southam)
- Keys N Krates (Dum Dee Dum, director Amos LeBlanc)
- Thugli (Run This, directors Amos LeBlanc and Ohji Inoue)

Video Of The Year
- Arcade Fire (Afterlife, director Emily Kai Bock)
- Drake (Worst Behavior, directors Director X and Drake)
- Hedley (Anything, director John JP Poliquin)
- SonReal (Everywhere We Go, director Peter Huang)
- The Weeknd feat. Drake (Live For, director Sam Pilling)

Pop Video Of The Year
- Down With Webster (Chills, director Aaron A)
- Hedley (Anything, director: John JP Poliquin)
- Mia Martina feat. Dev (La La/Danse, director Michael Maxxis)
- Serena Ryder (What I Wouldn't Do, director Frank Guidoccio)
- Tegan and Sara (Goodbye, Goodbye, director Natalie Rae Robison

International Video Of The Year – Group
- 5 Seconds of Summer (She Looks So Perfect, director Frank Borin)
- Daft Punk feat. Pharrell Williams (Lose Yourself To Dance, directors Paul Hahn, Guy-Manuel de Homem-Christo, Warren Fu and Cédric Hervet)
- Disclosure feat. Sam Smith (Latch, directors Ben Murray and Ross McDowell)
- Foster The People (Coming Of Age, directors Kyle Wightman and Alex Lee)
- Imagine Dragons (Demons, director Isaac Halasima)
- Kings Of Leon (Supersoaker, director W.I.Z.)
- Macklemore & Ryan Lewis feat. ScHoolboy Q & Hollis Title (White Walls, directors Ryan Lewis and Macklemore)
- Maroon 5 (Love Somebody, director Rich Lee)
- Mumford & Sons (Hopeless Wanderer, director Sam Jones)
- One Direction (Story Of My Life, director Ben Winston)

Your Fave Artist/Group
- Avril Lavigne
- Drake
- Hedley
- Justin Bieber
- The Weeknd

Your Fave International Artist or Group
- Imagine Dragons
- Katy Perry
- Lorde
- Miley Cyrus
- Selena Gomez

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lea Michele ALL PHOTOS GETTY IMAGES

Rachel and Mr. Schue?! Lea Michele admits to once dating Matthew Morrison

Lea Michele is changing her tune when it comes to her past with Glee co-star Matthew Morrison, but that's what happens when you have a book to sell. Back in 2010, stories cropped up about how the two had dated briefly before joining the hit musical series, but both vehemently denied them. "He's been a friend of mine from New York. People are going to make things up. I think it's just because we really are so close," she told Hollywood.com at the time. But now? In her new book, Brunette Ambition, Michele recounts, "When we shot the pilot, I met Cory Monteith, Kevin McHale, Amber Riley and Chris Colfer for the first time. I had worked on Broadway with Jenna Ushkowitz and Matthew Morrison before. Matt had been a friend of mine for years, and in fact we'd actually dated back in the day." Glad we got that cleared up.

The Word

Khloe and Kourtney want klown charged

MELINDA TAUB
Metro World News

Khloe and Kourtney Kardashian are pressing criminal charges against a Los Angeles man for criminal battery. Sounds serious, until you find out that what he battered them with was confetti.

The sisters were walking on Melrose in Los Angeles when local street performer Richie the Barber, who was riding his unicycle nearby, spotted them. The clown hurried over and showered them with confetti, according to TMZ.

The two sisters were not amused. They immediately filed a police report, which the police reportedly ignored as frivolous. However, Khloe and Kourtney followed up several days later, indicating that they planned to press charges.

Police then asked Richie the Barber if he intended to harm the women. He said no, according to TMZ: The confetti was meant to congratulate them on their success.

Let's hope Kim and Kanye don't have rice thrown at their wedding — Kim's sisters might have them arrested for attempted murder with a deadly weapon.

Twitter

@JuddApatow
People who love tattoos must get so bummed when they run out of room to add new ones. That would drive me crazy. I am a hoarder.

@JohnStamos
Perhaps i'm not so irrelevant

@SarahKSilverman
Even after getting punched in the face with a smell I still think "I love you New York"

Jennifer Aniston

Jen wants to shed 10 pounds to be Picture Perfect for her wedding

Not that anyone would say Jennifer Aniston is out of shape, but a rather catty source close to the former Friends star insists that Aniston is looking to shed an extra 10 pounds before tying the knot with fiancé Justin Theroux. "No way is Jen getting married at this weight. She'll lose another 10 pounds before she'll walk down the aisle," the source tells Radar Online. "Jen's besties, including Chelsea Handler and Courteney Cox, have been informed of Jen's weight loss plan and support it — which sounds terrible, but is absolutely how Jen operates among her peer group."

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LIFE 3

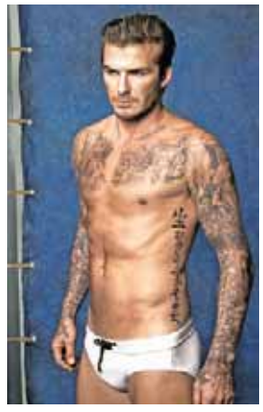
PLUS HOMES

Want to drool over David a little more? Scan this photo with your Metro News app to see a photo montage of Beckham's previous H&M campaigns.

Beaching it like Beckham

Let's talk trunks. The ex-footballer takes a dip into swimwear in latest collaboration with H&M.

RICHARD PECKETT
Metro World News



Spice up your swim

"One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention."
David Beckham on his swimwear choices

If you only knew of David Beckham's existence through billboard posters, you'd swear that the man lives his life in tiny trunks. The 39-year-old's latest collaboration with Swedish retail chain H&M does little to dismiss that image. This time the tattooed body beautiful is launching, in his words, "a simple, old Bond movie-inspired" swimwear range of board shorts, trunks and swim shorts as part of David Beckham Bodywear for H&M. It's at a rooftop open-air swimming pool with gushing girls and water fountains that 'Goldenballs' reveals his designs that will hit stores globally today. Metro chats to Becks about stripping down, movie cameos and why tighty whities are his trunk of choice.

You've worn many different styles of swimwear over the years but which is your preferred cut?
I've kind of always gone for the tighter, smaller swimwear, personally. I'm sure there's gonna be a point where I'm not going to like it as much. But at the moment and from a very young age I've always gone for the tighter smaller white ones. One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention. I wouldn't wear the smaller tighter ones walking down the beach with my kids. They'd be embarrassed.

Speaking of embarrassment, how do your boys feel about you wearing such a revealing style? Have you achieved embarrassing dad status?
(Chortles) They do give me the embarrassing dad look when they walk past a billboard of myself. My mum does exactly the same. She will call up and say, "I've just walked past a huge billboard of you in your underwear." The boys are used to it now. The boys will kind of actually take selfies of themselves of me and my underwear.

You have to stay in great shape for these campaigns. Don't you ever want to just kick back with a beer?
Yeah, I do that anyway. I just have to make sure I work out in the morning after. To be honest, I actually don't really work out every single day. I always take the boys and Harper to school. Trying to find time to work out during the day is difficult.

For how many more years are you going to keep stripping down?
Not many more. I'm not trying to get away from that, but obviously I'm 39 years old now and I don't think people want to see me in my underwear beyond this age. I'm still comfortable doing it but there will be a point pretty soon that I'll hang my underwear up.

Once you've hung up your underwear, are you going to move into acting? Maybe a cameo in a Bond movie?
Umm, no. I never wanted to go into acting in any kind of way. I've dipped in and I've dipped out. I've enjoyed doing certain things and when I've done it, it's always been done pretty well. I've been working with great directors like Guy Ritchie. But acting has never been something that I've kind of wanted to go into. But you never know, you never know.

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Canadian street style

Spotted in: Toronto

Name: Laura Jean Marie

Age: 28

Occupation: Collections consultant

What she's wearing:
JCrew coat, St.James T-shirt, a.p.c tote + Rag and Bone jeans

What she's wearing:
"Simple looks and clothes that I feel comfortable in."

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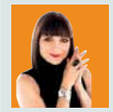
The versatile romper has been dominating the fashion runways and red carpets all season. Go online to Trends Report to see all the ways you can fashion a romper. Do you think you can pull off this look?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photos of actress Adelaide Kane and singer Jordin Sparks in rompers from Getty

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Legal Matters

Estate condo needs patience

My mother passed away recently and she owned a condo that we would like to sell. There were no express wishes as to what she wanted done with the property in her will, so we assume it will fall into the 'residue' of the estate. What do we need to do to get the property on the market and take advantage of the spring market?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Unfortunately, dealing with real property for people who have passed away is not as straightforward as listing the property for sale and finding a buyer. In most cases, unless the property was willed to a particular beneficiary, the estate will have to apply for probate with the court in order to appoint an executor (as set out in your mom's will). Until this person has been appointed, the property cannot be sold, although it can be cleaned up to get it ready for sale. You can even go so far as listing the property but you should be aware of one thing. The actual closing cannot take place before the appointment of an executor by the courts. In Ontario, this process takes anywhere from eight weeks up to 16 weeks.

If you are listing the property before the appointment, there should be a provision in the agreement that allows for the extension of the closing until the executor is in place.

So, unfortunately you will not be able to take advantage of the spring market. Perhaps you can take this time to spruce up your mom's condo and take a bit of time to tenderly go through her belongings so that when the Certificate of Appointment of Estate Trustee arrives, the property is a showcase and will obtain top dollar. Good luck.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

Waterfront community begins to grow

The Nautilus tower in South Etobicoke. CONTRIBUTED

Humber Bay Shores.
Upcoming condo developments in South Etobicoke include space for retail, restaurants

CONDO TRENDS
Duncan McAllister
life@metronews.ca

The last time Metro took a look at the South Etobicoke waterfront back in 2011, it was a rapidly growing condo neighbourhood mostly under construction. A lot has transpired since then. Many of the towers are now completed and occupied while others are well underway.

Developer Monarch Group has been very active in the area with condo projects such as Nautilus, Waterscapes and their latest mid-rise, Riva del Lago, the 14-storey second phase of Lago. Empire Communities has started on the tallest tower in the area, the 66-storey Eau Du Soleil, along with its 45-storey Water Tower Phase 2.

The area officially known as the Humber Bay Shores is a swath of waterfront property located south of the Gardiner between the Humber River and Park Lawn Road. Formerly a strip of seedy motels and ramshackle apartment buildings, today, visitors approaching the city from Toronto's western gateway can't help but marvel at the prominent cluster of sparkling new towers lining the Lake Shore, soon to be home to 25,000 residents.

The Ocean Club development will include a restaurant with patio. CONTRIBUTED

Despite all the new construction, however, the area has been lacking in local amenities and services. New, master-planned communities like Humber Bay Shores require a critical mass to support the stores and services that create a vibrant urban village. The new condo developments will certainly deliver the population needed to sustain successful retail development. Plans are underway to create a pedestrian-friendly promenade along Marine Parade Drive with shops and restaurants across 20 acres of waterfront property.

Many of the new towers plan to offer a variety of retail spaces at street level. Ocean Club condos by Graywood Developments and Beaverhall Homes will have a two-storey restaurant at the base of its south building, with a 2,500-square-foot patio facing Marine Parade Drive. "There's only one restaurant in that whole area and it's packed every day," says spokesperson Harley Nakelsky of Baker Real Estate. "As people are looking for new options, we're bringing this great indoor-outdoor restaurant. It's a big patio overlooking the water and it's this big glass indoor restaurant where you are going to be able to sit and look out on the water."

Community initiatives

The Humber Bay Shores Condominium Association has been promoting community initiatives like the new farmers' market to be held Saturdays from June through October.

- **As well, new eateries are starting to pop up, like Just Sushi, an Ocean Wise-approved sushi restaurant on Brookers Lane.**

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Karl Lohnes
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Tailor-blade tableware

A lush grass graphic to adorn your tabletop. Euro Ceramica's New Grass 16-piece collection is microwave and dishwasher safe. $90, BedBathAndBeyond.ca

Faux potted

A faux take on potted grasses. Lush everlasting grass in a ceramic planter brings a touch of spring to any room. $14, UrbanBarn.com

Fresh-cut candle

The smell of a mowed lawn without the work. Limited edition for Father's Day and burns 125 hours of freshly cut grass scent. $28, YankeeCandle.ca

Cultivate grass roots

Grow grasses and herbs year round, no matter what the weather is like outside. Hooks up to water and electric supplies like a dishwasher. $2,200, UrbanCultivator.net

A sod spot for critters

A place for your dog or cat that replicates the great outdoors. Paws Life potty locks in liquid pet waste and controls odours for up to seven days; a great option for indoors or on the balcony. $33, BedBath&Beyond.ca

Dryer pastures

A fresh way to dry the dishes. Boon's 'Grass' Countertop Drying Rack adds a burst of colour to the kitchen. $30, Sears.ca

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It's condo towns for Evermore

Evermore condominium townhome streetscape in Brampton. CONTRIBUTED

Meet the condo

- **What.** Daniels Evermore
- **Builder.** The Daniels Corporation
- **Location.** Castlemore Road and McVean Drive, Brampton
- **Pricing.** Condo townhomes starting from $399,900
- **Sizes.** From 1,632 to 3,228 sq. ft.
- **Suites.** Three-bedroom condominium townhomes with two and three storeys
- **Occupancy.** Starting in 30 days
- **Website.** danielsevermore.com

The project overview

The amenity-rich Castlemore area of Brampton will soon be home to Daniels Evermore, a master-planned ravine community of new homes with growing families in mind. There are three home types and many layouts to choose from.

Building amenities

Urban condominium townhomes will include nine-foot main floor ceilings, imported ceramic floor tiles, solid hardwood flooring, an oak staircase, plus a soaker tub and glass shower enclosure in the bath. The two-storey townhomes also include a finished basement with a finished three-piece bath.

Location and transit

Daniels Evermore is situated at the southeast corner of Castlemore Road and McVean Drive with quick access to highways 410, 407 ETR and 427. Nearby Brampton Transit bus routes get you where you're going quickly.

In the neighbourhood

The community will feature a commercial centre on the corner with easy access to two other nearby shopping plazas. Families will also live close to excellent schools, as well as several parks, trails and golf courses.

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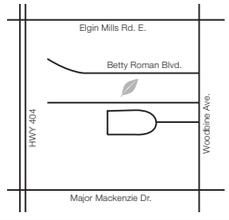

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Apprenticeships

Jobs for skilled workers

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

The building, development and renovation industry creates more than 200,000 jobs in the GTA every year. This week I'd like to focus on a very important sector of our industry: skilled trades.

The skilled trades are a vital part of our job force, yet fewer people are choosing a career in the trades lately, which has resulted in a deficit of skilled workers across Ontario.

Our association is a strong supporter of encouraging more people to consider learning skilled trades. Several years ago, BILD committed to give $100,000 over 10 years to George Brown College Centre for Construction and Engineering Technology, enhancing its contribution to an endowment fund started in the 1980s that provides dozens of student bursaries every year.

Several of our members also act as teachers and guests lecturers at various institutions like George Brown to help educate students about the benefits of working as a tradesperson.

BILD is also actively engaged with the Ontario Home Builders' Association on modernizing Ontario's apprenticeship system.

The current regulations require one journeyperson on staff for the first apprentice hired, and another three for every additional apprentice. This means a company has to have four journeypersons on staff to hire just two apprentices. This makes it difficult for young people and new Canadians to gain the necessary experience to start a long and successful career in the trades.

Skilled trade workers represent a critical component of employment and growth and it is imperative to our economy's well-being that we encourage more young people to consider these well-paid, rewarding careers.

What's hot on the condo market

DUNCAN MCALLISTER

1. Markham

Grand Finale event: The Essential condos in Berczy Village, Markham. Head up to 9610 McCowan Rd., on May 24 from 12 to 5 p.m.

CONTACT: 905-887-4888, ESSENTIALCONDOS.COM

2. Sheppard East

Grand Opening: Jasmine Condos by Averton Homes, located in the Sheppard and Victoria Park area. Visit the sales centre at 3195 Sheppard Ave. E., on May 24 and 25, 12 to 5 p.m.

CONTACT: 416-702-1234, JASMINECONDOS.CA

3. Canary District

Presentation Centre Opening: Canary District condominiums and townhomes in the West Don Lands. New presentation centre and heritage building tours. 358 Front St. W., on May 24 and 25 from 10 a.m. to 5 p.m.

CONTACT: 416-603-7576, CANARYDISTRICT.COM

4. Leaside

Open House: South Leaside townhomes. Several spacious units to choose from. Head on out to Rumsey Road on May 24 from 2 to 4 p.m.

CONTACT: 416-443-0300

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LASH

Many would agree with naturalist David Attenborough that nature "is the greatest source of visual beauty." And that includes the creepy crawlies: From snakes' skins to the intricate physiology of the smallest bug, we can't help but be impressed by the beauty of creatures that buzz, flit and slither. Artists and designers have long used insects, reptiles and other small animals as inspiration. Let's grab our nets and catch a few of the most intriguing recent examples

THE ASSOCIATED PRESS

Captivating creepy crawlies

A kaleidoscopic prism of butterflies and beetles. PHEROMONEDESIGN.COM/THE ASSOCIATED PRESS

The artful specimen

In his Pheromone series, artist and designer Christopher Marley of Salem, Ore., marries his passion for crisp design with a fascination for insects, sea organisms and birds by arranging them simply yet artfully on plain backgrounds in shadow boxes. A stripey mountain kingsnake seems poised to meander north of the frame in which he resides. A prion urchin looks like a tiny alien spacecraft, sprung from the confines of the ocean floor. Dozens of beetles are arranged like the iridescent squadron of an entomological army. Butterflies form kaleidoscopic prisms.

The displays are an arresting mix of science and art. The specimens, which died of natural or incidental causes, come from museums, breeders and zoos around the world, Marley says.

"Sharing the thrill of discovery is one of the most driving aspects of my work." (pheromonedesign.com)

3 Snakes by Christopher Marley incorporates elements of nature into contemporary art pieces. A single creature like a snake becomes an intriguing herpetological sculpture. PHEROMONEDESIGN.COM/THE ASSOCIATED PRESS

A slither of snakes

New York artist George Venson creates birds, snakes and octopuses in vibrant, painterly hues, and then arranges the images on wallpaper. He wants the walls to "come alive," and there's a sense of movement in each design. Snakes slither through backgrounds of ink, acid green or ruby. (voutsa.com)

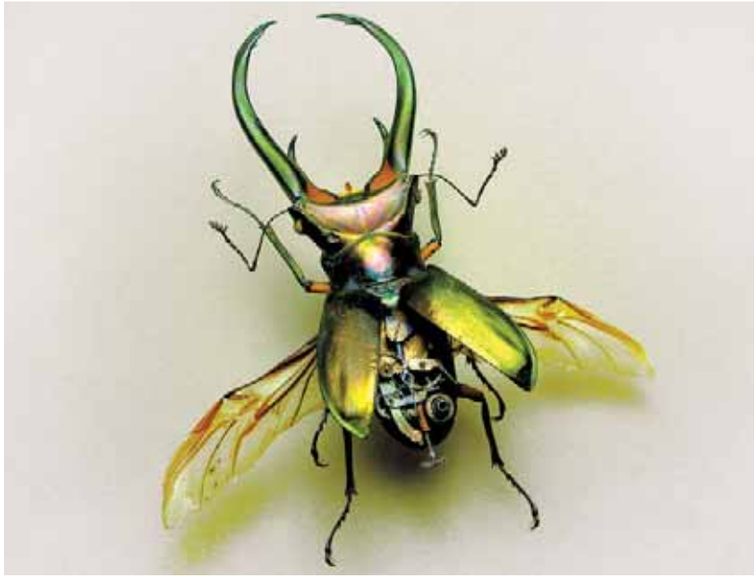
Nature — it's a classic

"In all things of nature there is something of the marvellous."
Aristotle

New York-based artist George Venson's illustrated images create dynamic wallpapers. Snakes slither in several directions, yet there's a symmetry and elegance that brings the imagery into a more decorative format. VOUTSA.COM/THE ASSOCIATED PRESS

Steampunk beetles, bees and bugs

Sculptor Mike Libby once found a dead beetle and got to thinking about how it had moved. He began dissecting and experimenting — at the same time taking apart an old wristwatch, and using those pieces — until he'd come up with the first of an ongoing collection of fantastical steampunk arachnids, bees and other creepy crawlies. He uses real insect carcasses and bits from watches, vintage typewriters and old sewing machines to fashion carapaces, wings, antennae and pincers for his mechanical menagerie. (insectlabstudio.com)



Inspired by science fiction and science fact, Insectlab.com customizes preserved insect specimens, such as this staghorn beetle, with antique watch parts and mechanical components. INSECT LAB/THE ASSOCIATED PRESS

Baby-proof before you bring home your curious bundle of joy

Look sharp! And high and low to keep babies and toddlers safe from household dangers

Welcoming a baby into a home is a moment parents look forward to, but it often requires months of preparation, including baby-proofing.

When Jennifer Murphy and her husband David Amodeo brought their new daughter home, they had taken some precautions to increase the safety of their Victoria residence, but Murphy says they largely waited for Sloane, now age one, to become more active before they installed the majority of their baby-proofing.

"Having a toddler and this little person who moved and got into things changed the way I saw my house," says Murphy. "Stairs became super perilous. We lived in a three-storey house, so we needed baby gates everywhere."

Even though Murphy knew baby-proofing her home was necessary for safety, she says many of the materials are expensive and might be out of the price range of some young parents.

The cost of many of the baby-proofing gadgets beyond gates meant that Murphy and Amodeo looked to do-it-yourself options, like rubber bands as cupboard door locks, along with telling Sloane what was safe.

Electrical outlets, plugs and cords are dangerous playthings for little ones. ISTOCK

"We have found ourselves doing a bit of baby-proofing as we go, but it depends," says Murphy. "Once Sloane hit a certain age where she could understand what we were saying, we more rely on saying, 'No, not for babies' or 'That's hot.' We try to explain to her to stay away from things, like the fireplace, for example.

"We don't have a big gate around the fireplace because we just tell her to stay away and when she goes near it, we are pretty consistent in telling her, 'No, don't go there,' even if it isn't on." THE CANADIAN PRESS

No kidding around

Preoccupied parents need to play it safe, pro says

David Drutz, owner of Kiddie Proofers in Toronto, says when it comes to safety, there are no alternatives.

"A lot of parents say, 'We don't need a certain aspect of baby-proofing because (we) will watch the baby,' but unlike our parents and especially our grandparents, our generation is so preoccupied," he says.

"We have our BlackBerrys, our iPhones or tablets, the TV, and so on and everyone expects instant responses to texts and calls. We tell parents anything that would bother you, let's start dealing with that."

Drutz says the areas they look at addressing first when it comes to baby- and kiddie-proofing a home is sharp corners and edges and electrical outlets. He also recommends parents install locks on their cupboards and drawers, particularly those in the kitchen where breakables, sharp items and hazardous chemicals are stored, and those in the bathroom that house medicines.

"Some people want to do that, and there are others who say they don't need to lock certain cupboards, but if they want to leave grandma's china on the bottom cabinet, you can't blame the kid for breaking it," he says.

According to Drutz, in this day and age, particularly with parents living in homes with multiple staircases, baby gates are a must.

"I think eventually, at least in Ontario, baby gates will be a law," says Drutz. "You can't smoke in your house when your kid is there, and you can't smoke in your car, so why wouldn't you have a gate on your stairs?" THE CANADIAN PRESS

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Find a community garden that fits

Grow together. With plots ranging from large to small, personal to collaborative, there are community gardens to suit most everyone

Community gardens are much more than neighbouring plots. Given enough energy and enthusiasm, they morph into support groups, horticulture classes, swap meets or modest profit centres for low- and fixed-income growers. Small wonder there often is more demand than availability.

Many have waiting lists. In the Los Angeles area, for example, it can be a year or more before people are able to acquire garden plots, said Yvonne Savio of the University of California Cooperative Extension in Los Angeles County.

"Sometimes, people drive clear across town because that's where their plot opened up first," Savio said. "Some people bring their tools with them on the bus."

Locations are advertised in newspapers, on the Internet and on neighbourhood bulletin boards. Sponsors vary from churches to hospitals, municipalities to large corporations.

"One of our gardens is run by five guys from a church," Savio said. "They literally farm. They plant what the parishioners want, then harvest the stuff and bring it to church every Sunday."

One Los Angeles-area hospital subsidizes a serenity garden. "They believe it's healthier for people to be outside in nature rather than stuck in hospital rooms," Savio said. "It's not so much what they harvest as it is the occupational therapists being able to exercise their clients."

Many cities offer grants to help get gardens started, said Bill Dawson, a community garden co-ordinator with the Franklin Park Conservatory and Botanical Gardens in Columbus, Ohio. "They recognize it's an amenity, much like a park. Corporations are doing it, too, as a perk to employees."

A woman prepares planting beds in her personal plot at the South Whidbey Tilth Community Garden near Freeland, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Community gardens range in size from a few four-by-10-foot sections to several acres. They are managed either communally — the people in charge decide what needs to be done and when — or left open for individual use. Sites might be offered free, or priced from $5 to $50 and more per season.

"Most gardens set fees because their expenditures in time, transportation (for gathering fertilizer, compost, mulch), water and storage are so high," Savio said.

THE ASSOCIATED PRESS

Before you dig in

Consider these elements of community gardening before signing up:

- **Know what you're buying into.** Many people join simply to work on their own in personal plots. Communal gardening, however, is a commitment — a chance to interact and share cultures with others, Dawson said. Be open to teaching or learning.
- **Embrace giving.** Part of the harvest often is donated to food pantries or people in need.
- **Engage in inter-generational gardening.** "Our children come home from school telling us about composting and organic gardening," Dawson said. "The elderly know how to preserve and put things by. Families should learn from each other and enjoy. Share stories."
- **Turn surplus properties into green spaces.** "Haul away the needles and trash and convert the areas into something beautiful and productive," Dawson said.
- **Community gardening prompts families to make healthier food choices.** "They get better at understanding the nutritional value of fresh carrots over fast foods," he said. "And if the kids are growing it, they're eating it."
- **You can sell some or all of what you grow, Dawson said.** "Gardeners can learn marketing skills, while at the same time get some seed money from their gardens."
- **Online: communitygarden.org**

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Designer microgardens latest in urban farming

Mini greenhouses.
Urban farming trend fits into city living

Infarm is a new design concept which brings the microgarden indoors, allowing urbanites to grow fresh produce from the comfort of their homes.

Based on the principles of origami, Infarm offers mini foldable greenhouses designed by Swedish design studio Tomorrow Machine.

Currently running as a campaign on crowdfunding website Indiegogo, the Infarm Microgarden uses transparent seaweed based agar-agar gel as a growing medium, meaning the greens never have to be watered as the roots absorb moisture from the gel.

The shape of the greenhouse divides the gel in to six slices, meaning users can choose to use one section of the greens, or place the whole garden on the table to be used as a sort of serving bowl.

"Our inspiration was finger food and we wanted to give the microgreens the same feeling as canapés," say the designers.

The kit comes as a flat pack that consists of three items: a foldable greenhouse, organic seeds and agar-agar powder. The microgreens are generally ready to eat after five to 14 days.

Kits are scheduled to start shipping to pledgers in October. AFP

InFarm's mini foldable Microgarden designed by Swedish students can be used as a serving bowl and a greenhouse. MERAV MAROODY/AFP

Stocking up on culture

Ikea to open museum in its first shop in Sweden

For many Ikea means a weekend trip to the shops, but the Swedish flatpack furniture giant on Friday unveiled plans to make it a much more cultural experience by turning its first store into a museum.

"The first Ikea store was open here in Aelmhult, and in 2012 it moved to a new site. That gives us the opportunity to use this building for a museum," managing director for the site of the future museum Michele Acuna told AFP.

The museum should open in 2015.

Ikea was founded in 1943 not far from the southern Swedish town of Malmoe, a largely rural area lacking major tourist attractions.

There is already an 800-square-metre exhibition space dedicated to the history of its products in another building, but Ikea has made an official request to renovate the former flagship store to host 3,500 square metres of exhibition space.

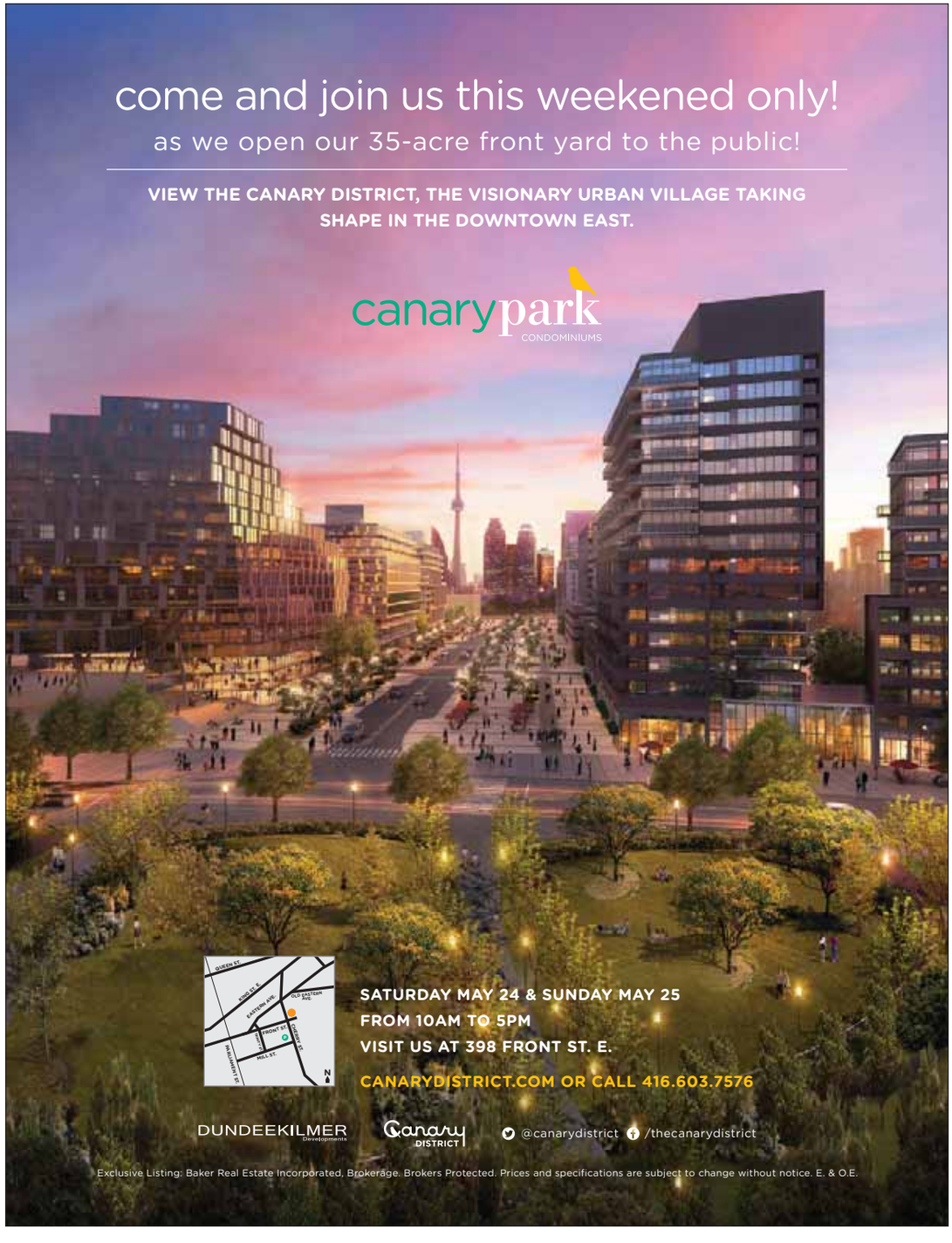
"We have seen that there is a lot of interest in our history of 70 years," Acuna said, citing the frequent visits Danes, Germans and even Dutchmen.

"We intend to tell stories not only on our product range but also on how the Ikea business developed and about people, and of course to give a fun and interactive experience to visitors," she added.

The company did not reveal how much money it intended to invest in the museum, which it hopes to attract around 200,000 visitors per year. AFP

All prints on deck chair

British artist Jacqueline Hammond has re-interpreted the traditional deck chair, for a contemporary summer aesthetic. The beech wood chairs feature quirky printed designs with themes including Country Lane, Poppy and Santa Fe Fields. The Brighton-based artist draws inspiration from the seaside landscapes of her home town. PRESS LOFT/AFP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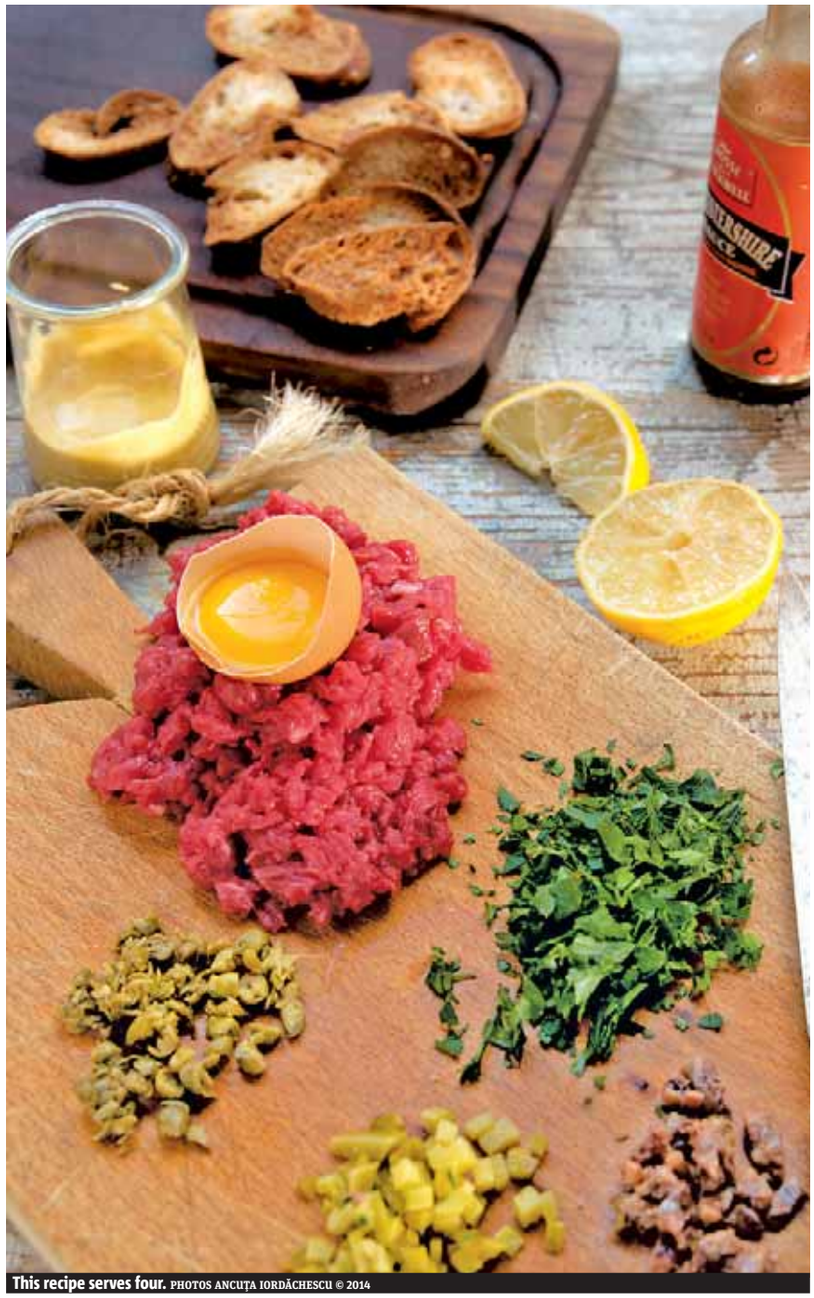
When in Paris, saying 'oui' to tartare is a must



This recipe serves four. PHOTOS ANCUȚA IORDĂCHESCU © 2014

Cookbook of the Week

Get into a Paris state of mind

Paris is known for its whimsical tourist attractions, romantic backdrops and, of course, its indulgent food.

In Paris Express: Simple Food from the City of Style, Laura Calder demystifies the idea that Parisian bites are technical and tedious.

With photos of both dishes and city scenes as well as about 120 recipes, Calder helps readers to build their Parisian kitchen repertoire through helpful tips. Recipes include Veal Fricassée with Mushrooms, Seared Duck with Plum Compote, Red Onion Tart, Raspberry Clafoutis, and more. METRO

Steak Tartare. This bistro favourite is authentically Parisian

"Burgers are storming Paris at the moment — hélas! — and everyone eats them with a knife and fork," writes Laura Calder in her book Paris Express. "But steak tartare remains a bistro favourite, and I prefer it hands down, as long as it's a good one, which, quite frankly, is a rare find (no pun intended).

"To make your own, be sure to get the meat from a reputable butcher and let him know you'll be serving it raw. A bit of fresh horseradish grated over the final product is classic. The contrasting crunch of thin slices of lightly toasted olive-oil-rubbed baguette are de rigueur with this, unless you're going to play bistro yourself and serve it with crisp french fries."

Ingredients

- 8 oz (225 g) rib-eye steak
- 1/2 shallot, minced
- 2 anchovies, rinsed and chopped
- 1 raw egg yolk (or 1 tsp mayo)
- A handful of chopped fresh parsley
- 1 tbsp chopped cornichons
- 1 tsp chopped capers
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 2 tsp Cognac (optional)
- Few drops hot pepper sauce
- Salt and pepper
- A squeeze of lemon juice
- A handful of micro-greens, for garnish
- Olive oil

1. Make this dish just before serving.

2. If you haven't had the butcher mince the meat for you, put it in the freezer for about 30 minutes to make it easier to cut, then mince it very, very finely with a knife.

3. In a bowl, mix the shallot, anchovies, egg yolk, parsley, cornichons (gherkins), capers, mustard, Worcestershire sauce, Cognac (if using), and hot pepper sauce. Add meat and mix well. Season with salt, pepper, and lemon juice. Shape into 4 patties and arrange on plates.

4. For garnish, dress a handful of micro-greens very lightly with olive oil, lemon juice, and salt and pepper. Set a pinch on top of each tartare shape and serve. RECIPES FROM PARIS EXPRESS BY LAURA CALDER ©2014 (PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.)

This recipe serves six to eight people.

Roasted Confetti Ratatouille

"Confetti-like sparkles of tomato and warm-coloured peppers make this roasted take on ratatouille different from the average chunky, soupy mix," writes Laura Calder in Paris Express.

Ingredients

- 1 orange pepper, finely diced
- 1 yellow pepper, finely diced
- 2 small zucchini, finely diced
- 2 small eggplants, finely diced
- 3 to 4 medium tomatoes, seeded and finely diced
- 3 garlic cloves, minced
- 1/4 cup (60 ml) olive oil, more as needed
- Salt and pepper
- A handful of sliced pitted black olives
- A large handful of shredded fresh basil leaves

1. Heat the oven to 400 F (200 C). Toss all the ingredients together — except the olives and basil — and spread in a single layer on a baking sheet (or 2 smaller baking sheets, depending on their size). Bake, stirring once or twice, until tender, 20 to 25 minutes. Stir through the olives and basil and transfer to a serving dish. Serve warm or at room temperature.

For your phone

The Photo Cookbook – Barbecue Grilling (iPad/iPhone; $3.99)

MIND THE APP
Kris Abel
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This visual collection of 60 step-by-step recipes includes skewers for meat, poultry, and seafood, plus some really inventive veggie choices including stuffed mushrooms, flatbread, and a baked camembert berry compote.

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Kings turn tables on Toews' Hawks in Game 2

Blackhawks captain Jonathan Toews controls the puck against Jake Muzzin of the Los Angeles Kings during Game 2 of the Western Conference final on Wednesday night at United Center in Chicago. The Blackhawks were up 2-1 going into the third period, but the Kings put up five goals in the final frame to even the series at 1-1. Go to metronews.ca for more NHL playoff coverage. TASOS KATOPODIS/GETTY IMAGES

Slowing down could be good for Pacers

NBA playoffs. With handful of key players ailing, Indy needs time to regroup in East final

The long break between games in the Eastern Conference finals could be welcomed by Indiana, after Pacers guard Paul George was diagnosed Wednesday with a concussion that will force him to complete several NBA-mandated procedures before he can return to the matchup against the Miami Heat.

The series, now tied at a game apiece, doesn't resume until Saturday night.

And what at first might have been looked at as an awkward break — three full days off until the next game day — is probably now welcomed by the Pacers. Indiana not only needs to get George cleared but also had starters Lance Stephenson, Roy Hibbert and David West all either limping or ailing in the final minutes of the Game 2 loss on Tuesday night.

Paul George helps Pacers teammate Lance Stephenson up in Indianapolis on Tuesday night. The Pacers are hurting going into Game 3 on Saturday in Miami. MICHAEL CONROY/THE ASSOCIATED PRESS

George was hurt with 6:52 left in the fourth quarter of Miami's Game 2 victory. He stole the ball from Heat guard Dwyane Wade, but could not keep control and wound up tumbling face-first to the court. Wade, also going for the ball, struck the back of George's head with his left knee, then appeared to scrape the same area with his right leg as he also fell to the hardwood.

George remained down for a few moments, but played the remainder of the game. He revealed afterward that he "blacked out" on the play, something that the Pacers say was not relayed to their medical staff.

"George exhibited no symptoms of a concussion and, in response to questions from the Pacers' medical staff, he denied dizziness, nausea, and issues with his vision," the Pacers said Wednesday. "He was also active and aware of his surroundings. As a result, the Indiana medical staff did not suspect a concussion."

But after the "blacked out" comment, the Pacers evaluated George again Wednesday morning.

"This case illustrates that concussion evaluation is an ongoing process and manifestations of the injury may not always present immediately," said NBA concussion program director Dr. Jeffrey Kutcher, who will discuss George's return-to-participation process with the Pacers' team doctor before clearance is given for a return.

Miami evened the series with an 87-83 win.

THE ASSOCIATED PRESS

NFL

Bills officially on the market

The "for sale" sign is up at the Buffalo Bills with the hiring of financial and legal advisers who may begin talking with prospective buyers within the next month.

A new owner could be selected by Ralph Wilson's estate by the end of July and presented for approval at league meetings in October.

Donald Trump and former Buffalo quarterback Jim Kelly are among those who've shown interest in owning the Bills.

Another prospective group could include Toronto-based businessmen Larry Tanenbaum, chairman of Maple Leaf Sports and Entertainment, and Edward Rogers, deputy chairman of Rogers Communications.

THE ASSOCIATED PRESS

Negotiations

CFL labour talks hit snag

The CFL reached out directly to its players and fans Wednesday after the latest round of labour talks with the CFL Players' Association hit a snag.

The league announced it had rejected a proposal from the CFLPA and also made its first public declaration on the negotiations, unveiling details of the offer it made to the Players' Association on May 15.

The league said its offer would boost the average player salary by 12 per cent this season to $92,917 with a further increase over the following five years. The salary cap would increase by nine per cent this season from $4.4 million to $4.8 million per team.

THE ASSOCIATED PRESS

NHL

Canucks name Benning new GM

The Vancouver Canucks have named Jim Benning as their new general manager.

Benning is the first significant hire made by new Canucks president of hockey operations Trevor Linden, who was handed the franchise's reigns after the team missed the playoffs for the first time in six years following a disastrous 2013-14 campaign.

THE CANADIAN PRESS

Scan the image with your Metro News app to vote on what you think is the most damaging playoff injury in recent memory.

Habs back 'Thomas Vanish'

Fans slam Vanek.
Coach tweaks forward lines after poor shooting vs. Rangers

Thomas Vanek is under the spotlight in Montreal with the Canadiens desperate for offence down 2-0 to the New York Rangers in the Eastern Conference final. RYAN REMIORZ/THE CANADIAN PRESS

It is Thomas Vanek's turn to feel the heat.

The veteran forward suddenly became a target among fans and media in Montreal for his lack of production as the Canadiens dropped the opening two games of the NHL Eastern Conference final at home.

It was given more fuel Wednesday as coach Michel Therrien dropped the team's marquee trade deadline pickup to the fourth line, although that put him with his former Buffalo teammate Daniel Briere in a potentially dangerous scoring duo.

In fact, three of the four lines were changed, with only the top unit of centre David Desharnais between Max Pacioretty and Brendan Gallagher intact.

Therrien cautioned not to read too much into it as it all could change again ahead of Game 3 on Thursday night in New York.

"Sometimes the results are not there but the chances are there. But if I see there are no chances, not much happening, now I'm at a point where I have to make some decisions. Hopefully by making some changes, something's going to happen."

Vanek had no points and was minus-3 with one shot on goal in the opening two games against the Rangers: A 7-2 wipeout on Saturday and a 3-1 loss on Monday night.

He has been slammed for a perceived lack of effort and involvement, and some are starting to call him Thomas Vanish.

Fans were on his back as he struggled to score in the opening-round sweep of Tampa Bay and the start of the second round against Boston, before finally finding his scoring range late in the conference semifinal.

With star goalie Carey Price out injured, the Habs will go with Dustin Tokarski for Game 3. THE CANADIAN PRESS

Online

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Fellow Habs left-winger Pacioretty leapt to Vanek's defence, calling scoring goals "the hardest job in the world."

THE CANADIAN PRESS

NHL

Rangers riding high with five-game streak

Madison Square Garden underwent a recent $1 billion transformation, and yet it will have another completely different feeling once the New York Rangers hit the ice in the Eastern Conference finals.

Gone will be the fear of impending doom that enveloped the club during its second-round comeback against Pittsburgh. Missing will be the nerves that any goal or loss could mean the end of the season.

Suddenly, the Rangers are the front-runners against the Montreal Canadiens, and their fans now have the chance to celebrate the ride with them.

"Having fan support is obviously huge," Rangers coach Alain Vigneault said. "Unconditional love, it's something that's really beneficial to a team." THE ASSOCIATED PRESS

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World Cup training. Fans shout racist comments at Italy striker Balotelli

Police had to intervene after Mario Balotelli was subjected to racist chants at Italy's World Cup training base on Wednesday.

Kids outside the Coverciano complex were responsible for the chants, and Balotelli appeared visibly disturbed.

The training session was open to media, and Balotelli could be heard saying as he ran by reporters, "Only in Rome and Florence are they that stupid."

While most of the fans cheered for Balotelli, police approached the area where the chants came from and they quickly ended.

Balotelli was born in Sicily to Ghanaian immigrants and brought up by an Italian foster family. He has faced racist chants throughout his professional career.

"It's unbelievable that in 2014 we still have this form of racism," Balotelli's fellow forward, Ciro Immobile, said. "It's not great for the nation. We represent Italy."

Immobile, from the Naples area, noted how insulting anti-Naples chants have pervaded Serie A stadiums recently.

"When I hear that, it saddens me, because I have a lot of pride in my city," Immobile said.

Balotelli was also the focus of much speculation on racist abuse before the 2012 European Championship, and UEFA placed spotters inside stadiums, resulting in fan behaviour by Spain and Croatia being sanctioned.

THE ASSOCIATED PRESS

Italy's Mario Balotelli attends a training session in Florence, Italy, Tuesday. THE ASSOCIATED PRESS

Health concerns

FIFA defends early World Cup kickoff times

FIFA said Wednesday it is not considering changing 1 p.m. kickoff times or adding mandatory cooling breaks during World Cup matches, despite being sued by Brazil's players' union because of health concerns.

FIFA said it spent nearly two years analyzing starting times for the tournament in Brazil and always took into consideration the players' health.

THE ASSOCIATED PRESS

More delays

Brazil's final test event postponed

Uncertainty about Brazil's readiness for the World Cup opener will linger a little longer after FIFA and local organizers postponed the final test event at the troubled Sao Paulo stadium because of concerns from local authorities.

The Brazilian league match scheduled for May 29, a Thursday, was moved to the following Sunday to keep the event from disrupting the city's "operational routine" on a working day. THE ASSOCIATED PRESS

Defend it like Bendik: 'Keeper in No. 1 spot

Toronto FC. American moves back to top of rotation after learning from veteran Brazilian

On a day when Julio Cesar essentially said farewell to Toronto FC, fellow goalie Joe Bendik opted not to talk to the media.

Perhaps he was ceding the day to the Brazilian No. 1, one reporter surmised.

A day later, Bendik came clean. Chatting with journalists had conflicted with his tee time Tuesday.

The 25-year-old American 'keeper, who shot a round of 79, comes with a certain amount of swagger.

That ego took a jolt when, after winning Toronto's No. 1 job in 2013, Bendik lost his starting role in the pre-season to Cesar.

"A hit to my pride today but luckily I've got tons of it! Going to take in everything I can from a top shelf gk (goalkeeper) to better my abilities," Bendik tweeted with a colourful adjective before tons, when Cesar's signing was announced in February.

Three months later, Bendik is back as Toronto's No. 1. Cesar has left the club for the World Cup and is not expected back, with England's Queens Park Rangers looking to cut short the loan agreement with MLS.

Master class

"When he came, right away he took me under his arm and he wanted the best for me right from the start."

TFC goalie Joe Bendik on Julio Cesar

A win-win

For TFC manager Ryan Nelsen, the Cesar acquisition was always a marriage of convenience with a short timeline. Cesar needed a place to play ahead of the World Cup and QPR wanted some salary relief.

- Toronto got a world-class goalie, a tutor for Bendik and the invaluable publicity of seeing Toronto FC by the name of Brazil's goalkeeper at the World Cup. Having Cesar around would also help settle fellow Brazilians Gilberto and Jackson.

Bendik says he is a better goalie for having spent time with the 34-year-old Cesar.

"He did things for my career that I couldn't do over 20 years, probably," said Bendik, his post-practice calendar apparently a little clearer Wednesday. "Just to see him play, see his professionalism was amazing.

"Now I have to step in and start to play some games and continue what I did last year. And continue what I've done the last three games."

Cesar gave way to Bendik for both legs of the Amway Canadian Championship semi-final against the Vancouver Whitecaps. Bendik also played in Saturday's 2-0 league win over the New York Red Bulls when Cesar was laid low by the flu.

Bendik came to Toronto in a December 2012 trade with Portland.

When Toronto starter Stefan Frei was injured in the first pre-season game in Florida in 2013, Bendik took over and started 33 games for Toronto.

Joe Bendik reacts after getting a knee to the head in Toronto FC's win over the New York Red Bulls in Toronto last week. STEVE RUSSELL/TORSTAR NEWS SERVICE

Frei was traded to Seattle at the end of the season and Bendik was rewarded with a new contract.

When he heard Cesar was coming to Toronto, Bendik said he knew it could go "either amazing or terrible. Luckily it's amazing."

It helped that inside the team, word was that Cesar was likely going after the World Cup. Rather than being left out in the cold, Bendik knew in essence that he was having an extended training camp — while having the opportunity to learn from one of the best goalies in the world.

THE CANADIAN PRESS

Thursday, May 22, 2014

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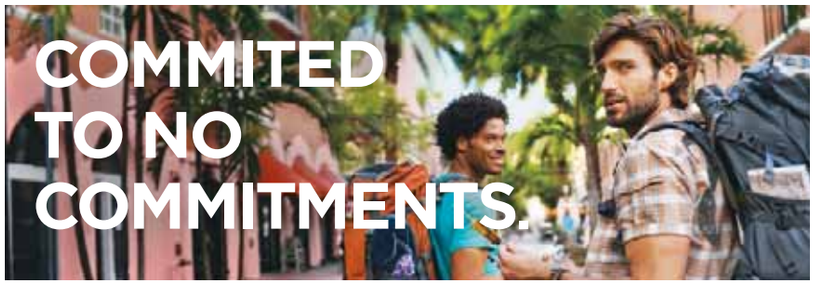

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1		8			9	
					1			
4			7		3		2	
5	8		6			4		
	2						7	
		4			9		5	1
	1		5		4			9
			8					
	3			9		6		

Yesterday's Sudoku

8	7	6	4	5	3	2	1	9
4	5	9	1	2	7	6	3	8
3	2	1	8	6	9	5	7	4
2	4	3	7	8	1	9	6	5
9	8	5	2	3	6	7	4	1
6	1	7	5	9	4	3	8	2
5	3	8	6	4	2	1	9	7
1	9	4	3	7	5	8	2	6
7	6	2	9	1	8	4	5	3

Horoscopes

♈ Aries
March 21 - April 20
You will jump right in and get things done today. Your mind is working fast and your body isn't far behind it, so do what feels right and do it magnificently. You will surprise a few people by what you achieve.

♉ Taurus
April 21 - May 21
Your insight is such that others may wonder if you are psychic. Maybe you are, in a way, but there is nothing supernatural about your aims: you want to be a success and you want to be rich.

♊ Gemini
May 22 - June 21
There is no point making plans because whatever you decide is likely to be overtaken by other events. Just be ready to act when the opportunity arrives and don't be surprised if it's not what you were expecting.

♋ Cancer
June 22 - July 23
There are times when it is best to keep your feelings to yourself but this isn't one of them. You may surprise yourself with the intensity of your emotions over the next 24 hours. You've been keeping too much inside.

♌ Leo
July 24 - Aug. 23
Others will be very happy to do what you ask of them today, so long as they feel that you value their efforts. Say all the right things and push all the right buttons and chances are you won't have to lift a finger yourself!

♍ Virgo
Aug. 24 - Sept. 23
If you want to make an impression on people in positions of power, now is the time. The Sun in the career area of your chart urges you to do something that makes others sit up and take notice.

♎ Libra
Sept. 24 - Oct. 23
You will be on inspired form over the next few days. Every idea you have — and you will have plenty — will be touched by genius in some way. Remember though that ideas mean nothing unless you do something with them.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you may fall prey to worries and anxieties that at most others times would not bother you in the slightest. Keep telling yourself that each and every one of them is an illusion. Reality is what YOU want it to be.

♐ Sagittarius
Nov. 23 - Dec. 21
You have been asking some searching questions of yourself of late and today you will discover that the answers you seek are not to be found in your career or in making more money. Listen to your inner voice. It knows what you need.

♑ Capricorn
Dec. 22 - Jan. 20
Don't be afraid to break the rules. You may be a straight up person but sometimes even a Capricorn has to take a shortcut to get where they most want to be. So long as it does not hurt other people, it's not immoral.

♒ Aquarius
Jan. 21 - Feb. 19
You will be on inspired form over the next two or three days. The Sun in Gemini will encourage you to believe that all things are possible and that taking risks is not an option but a necessity. Life is about to get interesting!

♓ Pisces
Feb. 20 - March 20
The solution to a problem that has been causing you sleepless nights will pop into your head today and you will kick yourself mentally for not having seen it sooner. Never mind, now you know what to do — so do it.

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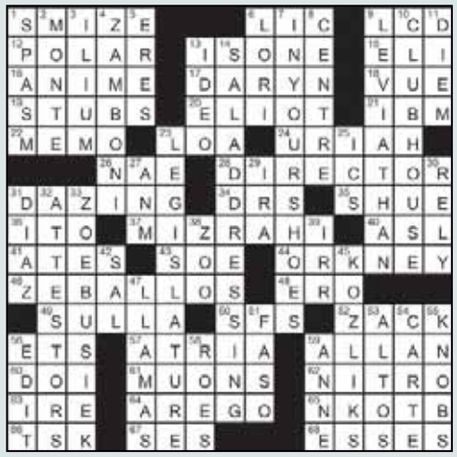
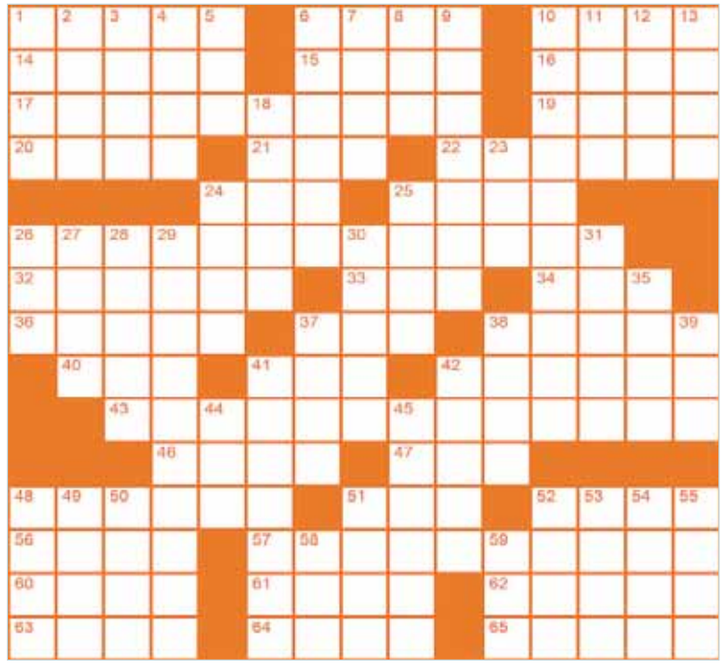


Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. April Wine's "Just Between You __ __"
6. Rocker Mr. Gallagher
10. Plug-less network connection
14. Repeat a TV show
15. Lodging of lore
16. Water wader
17. Canadian store for sewing supplies, etc.
19. Robert De __
20. Rihanna/Mikky Ekko song
21. Pencil gradings, commonly
22. Roof-accessing need
24. Flowery souvenir
25. Pants holder-upper
26. Anne Shirley's beloved: 2 wds.
32. Ovid's love poetry collection
33. Concernings, curtly
34. Cheerios stuff, __ fibre
36. Phoney
37. Curtain call maneuver
38. By land __ __
40. Mr. Cage, to pals
41. Trend
42. Avow
43. Canadian Cocktails: Bloody Caesar glass feature: 3 wds.
46. Some streets, shortly
47. __-Medonte (Ontario township)
48. Cooking cover: 2 wds.
51. Brazil: __ Paulo
52. Network VIP
56. Matinee __
57. ISBN = International Standard __ __
60. Place
61. BMW rival
62. Chimney plume
63. Soon, to Shakespeare
64. Gramp's wife
65. Group of six

Down

1. Canine communications!
2. Orderly
3. __ _ bit on, as ointment
4. Muddy
5. Q. "What show did George Clooney star on?" A. "_ _ ' _ believe."
6. Juno-winning Reggae artist, Elaine __'__ Shepherd
7. "__ __ little time..." (The fastest way)
8. Beach Boys' "Barbara __"
9. Strung-together musical blends
10. Southeastern Saskatchewan village
11. In the same place, Latin-style [abbr.]
12. Campsite warmth-giver
13. "I'm not sure if it __ __ not."
18. Sonny Bono's duets partner, and namesakes
23. Music: __-Rock
24. Some jeans
25. What the wind did
26. Chatter
27. Bruce Springsteen's "__ __ Fire"
28. Someone smart's specialty
29. Canadian music manager for acts including Bryan Adams and Anne Murray: 2 wds.
30. "Canadian Girls" by Dean __
31. Reliever
35. Ms. Hatcher
37. Drinking spots
38. Nobel Peace Prize city
39. PIN-inputing spot
41. Horse's food-holding thingy
42. Mr. Carter, singer Nick's brother
44. Caesar's 56
45. Absorb all: 2 wds.
48. Tilting Tower
49. Aesir ruler
50. Oz dog
51. Fizzy drink
52. Famous model
53. Gaming console
54. "__! _ spider!"
55. On-the-streets believability, for short
58. "Days of __ Lives"
59. Show-to-seats, shortly

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ANSWERS: 1. Kabob is missing; 2. Shirt is a different colour; 3. Map is missing from backpack; 4. Shoes are now orange; 5. Man's beard is removed.

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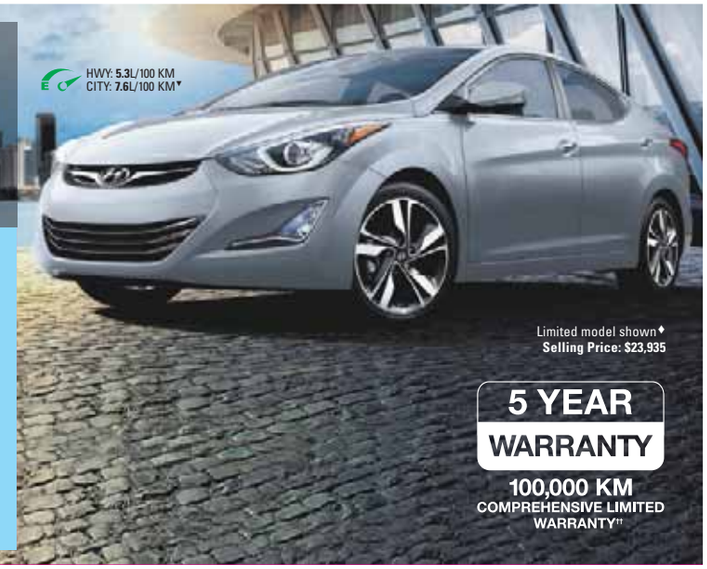

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Elantra L 6-Speed Manual/Elantra GT L 6-Speed Manual/Accent 4-Door L Manual/Santa Fe Sport 2.4L FWD with an annual finance rate of 0%/0.9%/0%/0.9% for 96 months. Bi-weekly payments are $79/$96/$69/$137. $0 down payment required. Cost of Borrowing is $0/$711/$0/$1,009. Finance offer includes Delivery and Destination of $1,595/$1,595/$1,595/$1,795, fees, levies, and all applicable charges (excluding HST). Finance offer excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes dealer to customer rebate of up to $499, freight, P.D.E. and a full tank of gas. ‡Dealer Invoice Price of 2014 Elantra L 6-Speed Manual/Elantra GT L 6-Speed Manual/Accent 4-Door L Manual/Santa Fe Sport 2.4L FWD are $16,433/$19,318/$14,397/$27,414. Prices include price adjustments of $1,197/$862/$783/$1,316 and includes Delivery and Destination of $1,595/$1,595/$1,595/$1,795, fees, levies, and all applicable charges (excluding HST). Finance offer excludes registration, insurance, PPSA and license fees. The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $1,197/$862/$783/$1,316 available on in stock 2014 Elantra L 6-Speed Manual/Elantra GT L 6-Speed Manual/Accent 4-Door L Manual/Santa Fe Sport 2.4L FWD. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Price of models shown (with Price Adjustments): 2014 Elantra Limited/Elantra GT SE Tech 6-Speed Automatic/Accent 4 Door GLS/ /Santa Fe 2.0T Limited AWD are $23,935/$26,863/$19,415/$38,584. Prices include Price Adjustments of $1,445/$1,667/$1,133/$2,446, Delivery and Destination charges of $1,595/$1,595/$1,595/$1,795 fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ▼Fuel consumption for new 2014 Elantra L Manual (HWY 5.3L/100KM; City 7.6.L/100KM); 2014 Elantra GT L Manual (HWY 5.8L/100KM; City 8.5L/100KM); 2014 Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM); 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City10.2.L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ††Ω♦Offers available for a limited time. Dealer may sell for less. Dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. The SiriusXM™ name is a registered trademark of SiriusXM Satellite Radio Inc. All other trademarks and trade names are those of their respective owners. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.